



TALAVERA JUNIOR SCHOOL
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Headteacher: Mrs A Webb

Wednesday 7th June 2023

Dear parents and carers,

Important messages

Mental Health Champions - an exciting, new opportunity

At Talavera, we are committed to your child's holistic (academic, physical, social and mental) education. We believe it is our duty to equip them with the skills, strategies and mindset to build enough resilience in order to navigate society as an adult.

We are sure you know that children's mental health is a national concern at the moment. Around 18% of children are struggling with their mental health - 5 in every classroom (NHS 2022).

Excitingly, we are beginning a high-quality programme of workshops and training called Mental Health Champions. The children will all be taught the essential skills and knowledge they need to support their own and their peers' mental health. Specific Mental Health Champions will then be selected to continue to promote wellbeing across the school.

We hope you agree that creating a culture of resilience and empathy is vital. Unfortunately, the school is unable to cover the cost of £2995 solely from our budget. This means we will be holding a series of fundraising events.

On **Friday 16th June**, we will be holding our annual Break the Rules Day where children will be able to bring in £1 per rule they wish to break. Information to follow shortly.

On **15th/ 16th July**, school staff will be hiking Pen Y Fan in Wales. We are so grateful for any help you; your family or friends may be able to give us. Please log into Arbor, click on your account and then your payments and you will see a fundraising tab if you are able to sponsor us.

As always, we thank you for the fantastic support that you give us as a school, allowing us to provide the best care and learning for your children.

Yours faithfully,

Naomi Heaton - PSHE Lead

