



Goldenhill Primary Academy



Head teacher: Mr. S Martin BA
(Hons).NPQH

"Everyone shines at Goldenhill"

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Friday 12th February 2021

Dear Parents/Guardians,

At Goldenhill Primary Academy, we believe that the **wellbeing** of all at our school is paramount. The children have been through an extremely different and strange time and have all worked so well at adapting to these changes. However, it is still extremely important to work with the children to help support them with their wellbeing and allow them time to delve into their emotions freely during such a different and difficult time.

Alongside our own PSHE programme we are hosting a **5 week wellbeing programme for Year 5 pupils**. These workshops will be with an outside agency called Stay Well who have adapted its classroom based wellbeing lessons to online learning. We will be hosting these lessons for both children at home and those onsite via Zoom.

The lessons will be delivered by a trained practitioner from Stay Well called Lucinda and will focus on helping students to cope with the pressures of the lockdown and the different emotions they may be feeling. The sessions will also be looking at strategies to deal with these emotions and how to positively react in scenarios where these emotions may arise to stop children reaching 'crisis' point.

These sessions will take place straight after half term **virtually on Tuesday for the children onsite and on Thursday for those children at home from 11am-12pm via Zoom** for the following 5 weeks. For those children off site and learning from home, Miss Belfield will send you the Zoom meeting details on the morning of the workshop.

As you may have read in a previous letter these workshops will work alongside the parent workshops that we are also hosting free of charge (if you would like more information for the parent workshops please ring the School Office).

If you have any questions or queries please don't hesitate to ask Miss Belfield, myself or the School Office.

Kind regards

Miss Pitt

Year 2 Teacher/ Personal Development Leader

