



# Frimley Church of England Junior School



14.12.23

Dear Parents / Carers

Your child / children have now completed their 8-week Brain Buddies sessions with the Mental Health Support Team (MHST). The children have embraced their learning and will often talk about their sessions in school. They have learnt how to manage their emotions and have a toolkit of strategies to help them regulate their emotions. Below is a summary of the skills the children found most helpful, along with a QR code / link (<https://forms.office.com/e/EQkLYZ9HjL>) which will give you access to further. Please encourage your child / children to explain these strategies at home and if you could complete the feedback form, we would be most grateful as this will help us to plan future sessions within our school.

Yours sincerely

Mrs Stroud

Senior Mental Health Lead



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**Learning Together We Grow**

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