

Monday 16th May 2022

Dear Parents/Carers,

As you may remember, last summer we were visited by **Joe Wicks**, the Body Coach as part of his upcoming documentary about mental health. Joe led one of his famous PE sessions outside with some year groups and then joined our current Year 6 pupils in their PSHE lesson.

His visit was filmed and will feature as part of his documentary **Joe Wicks: Facing My Childhood which will air tonight on BBC 1 at 9pm Monday, 16th May**. As the content of the rest of the show may not be appropriate for primary age pupils, we advise that if you would like to show your children our school on TV, you either record it or use iplayer to fast forward towards the end of the programme, which is where our school will feature. If you are unable to show children the documentary, we will show the part of the documentary to the children who will feature.

The documentary follows Joe as he explores the impact that his parents' mental health had on him as a child. Many of the thousands of letters and messages Joe has received since he began his workouts during lockdown have been from parents, confiding in him about their own mental health struggles, and their worries for their children.

The reason we are being featured in this documentary is as a result of the work we have done with the charity '[Our Time](#)' who are the UK's only charity dedicated to working with children of parents who are facing mental health challenges. As a school, we have prioritised the mental health of our whole community throughout the pandemic and continue to use our PSHE sessions to raise awareness of mental health and wellbeing for all.

Yours Sincerely

Ms Moxom

Acting Assistant Headteacher