

Tuesday 3rd June 2025

Dear Parents & Carers,

At Woodlands, we are fortunate to have the support of the Ealing Mental Health Team. Our practitioners are Evie and Catherine, who work closely with myself to support families and our school.

This half term, our practitioners will be running 'Brain Buddies' sessions, a series of workshops that will be delivered to Year 4 starting Tuesday 3rd June. The Anna Freud Centre for Children & Families have put together this series of wellbeing and emotional resilience workshops, which will be delivered by an Educational Well-being Practitioner (EWP) from the **Ealing** Mental Health Support Team (MHST). Each session will take approximately 60 minutes and will involve your child's whole class.

The **Brain Buddies** programme aims to develop students' understanding of emotional regulation by teaching skills in self-care, staying calm and problem solving. Your child's teacher will co-facilitate the programme with the school's EWP.

**The sessions will cover a range of topics including:**

- Welcome to Brain Buddies: What are emotions and how can we spot them?
- Our Brilliant Brains: Basic brain structure and the origin of emotions
- Making sense of our emotions: The relationship between emotions and body sensations
- Body and thinking skills for our brain buddy backpack: coping strategies
- How thoughts can affect feelings
- Problem solving to get ahead of difficulties
- "My Brain Buddies Backpack": skills to take away- children will have their own workbook which they will use each session.

We invite you to encourage a healthy discussion with your child about what they learn in the sessions. They may have some top wellbeing tips they would like to share with you.

If you have any questions, please contact me as I will be overseeing this support in school.

Yours sincerely

Ms Moxom

Assistant Headteacher



SCHOOL  
MEMBER

