

02/10/2026

To Parents and carers,

The Young People's Mental Health Support Team working with Cams Lane Primary School will be running a morning of mental health and wellbeing workshops for all year groups on **Friday 9th October 2026**.

Summary of the workshop:

The workshops will be delivered to celebrate World Mental Health Day which takes place on Saturday 10th October 2026. Within these workshops, pupils will learn about the **5 Ways to Wellbeing** which are five simple actions that can help improve and maintain positive mental health and emotional wellbeing. They are: Connect, Be Active, Take Notice, Keep Learning and Give. In these workshops, pupils will take part in fun, age-appropriate activities linked to these.

The short workshops are being offered to all pupils in Cams Lane and is not an individual or specific treatment.

As we are a consent based service, we require your consent for your child to attend this workshop.

If you do not want your child to attend this workshop please e-mail the school office. If we do not hear from you, it will be assumed that you are happy for your child to take part in the workshop.

Following the workshop if it is felt further support would be helpful the school mental health lead can make a referral to the MHST for this to be considered.

Many thanks,

Young People's Mental Health Team.

