

02/10/2026

To Parents and carers,

The Young People's Mental Health Support Team working with Cams Lane Primary School are piloting a new wellbeing club with pupils in Year 4.

This club will be starting on **Friday 16th October** and will take place on a weekly basis at lunchtime on **Fridays** until the end of term.

Information about the Lunchtime Wellbeing Club:

The club will be a series of workshops/activities to promote positive mental health and wellbeing. Within the sessions, pupils will learn about the **5 Ways to Wellbeing** which are Connect, Be Active, Take Notice, Keep Learning and Give. They will also be given the chance to learn and practice strategies to manage worries. The sessions will be fun, age-appropriate and child-led.

The club is a new initiative that is being trialed and is being offered initially to a small group of pupils in Year 4. Your child has been selected to participate and offer feedback on the club in the hope that this club can be offered to more pupils at Cams Lane in the future.

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

If you do not want your child to participate, 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 these lunchtime sessions.

Following attending the workshops, 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.

