



# Monksdown Primary School

*Where children come first*

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## Mental Health and Well-being

Dear Parent, Carer,

Monksdown primary take a whole school approach to Mental Health and Well-being and are dedicated to ensuring that Monksdown children leave school with the best possible outcomes, having good emotional, physical and mental health to secure a bright future.

Further to our successful whole class Mental Health and Well-being workshops, in collaboration with Alder Hey Mental Health Support Team, we are delighted to be able to offer some children the opportunity to take part in smaller group workshops with the Alder Hey team.

Please let us know if you **do not** wish your child to take part in these activities.

Kind regards,

Monksdown Mental Health Team.

### Year 4/5/6 Mental Health and Well-being MHST team sessions

Child's name -----

Year group -----

I **do not** wish my child to take part in the Alder Hey Mental Health Support Team activities.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Respectful ● Resilient ● Responsible ● Resourceful

