



19th April 2024

Dear Parent or Guardian,

I'm writing to you on behalf of If U Care Foundation, a charity which provides emotional and mental health workshops for young people of all ages.

We're excited to inform you that we will be visiting your child's school to deliver our PrimarEAMH Plus Programme, which is exclusively designed for Year 5 students with the aim to increase awareness and understanding around mental health.

Starting today we will be visiting Bournmoor Primary School for one hour a week, for a period of six weeks. Each week will be focused on a different aspect of mental health and we will be employing methods such as games and activities to encourage a fun and engaging learning environment.

	Date	Lesson	Focused on
Week 1	19 th April 2024	Who I am	Identify
Week 2	26 th April 2024	Getting to know your emotions	Mental health
Week 3	3 rd May 2024	When things go wrong	Resilience
Week 4	10 th May 2024	Let's have fun	Coping strategies
Week 5	17 th May 2024	Who can help	Support networks
Week 6	24 th May 2024	Being kind	Helping others

Your child will receive an activity book in Week 1 which they will use each session; this will be theirs to keep once the programme is complete. They will also receive a goodie bag and certificate. These items will hopefully encourage some discussion at home and amongst peers.

We understand that mental health can be a sensitive subject so if you have any concerns, please contact your child's teacher or head of school. If you require additional information about the PrimarEAMH Plus Programme, please email me at symone@ifucareshare.co.uk.

Kindest regards,

Symone Arthurs

Education Lead

If U Care Share

www.ifucareshare.co.uk