

# South Farnborough Junior School

Cunnington Road  
Farnborough  
Hampshire GU14 6PL  
Telephone: 01252 545682  
www.southfarnborough-jun.hants.sch.uk  
Email: adminoffice@southfarnborough-jun.hants.sch.uk



Headteacher: Mrs J Byrne

7<sup>th</sup> January 2026

## Year 5 Mental Health Support Workshops

Dear Y5 Parents/Carers,

There is growing recognition that young people's emotional and mental health is an important component of overall health, wellbeing and happiness.

South Farnborough Junior School, together with the Mental Health Support Team (MHST) will be running an interactive and engaging emotional wellbeing programme (made up of three workshops) for all young people in Year 5.

The aims of the emotional wellbeing sessions are to:

- Develop a child's understanding of emotions and how to communicate and express themselves emotionally
- Develop and enhance a child's emotional resilience by providing techniques and strategies to help them to cope with emotions such as anxiety, sadness and anger.
- Improve confidence in children asking for help if they are struggling emotionally and to educate children in how and where to access support if necessary.

Three workshops lasting 1 hour in length will be delivered in class groups starting next week on: Thursday 15th January (session 1), Friday 23rd January (session 2) and Thursday 29th January (session 3). The expectation is that for a child to gain maximum benefit, they must attend all three sessions. All sessions will run during the school timetable. Sessions have been devised by and will be delivered by clinical practitioners from the MHST with a member of school staff present throughout.

Additionally, we will be offering one parent session, post programme. The post programme session will be a time to share feedback from children and school staff and answer any questions relating to the programme. The post programme parent session will run on **Thursday 29th January at 9:00** at the school. We hope to see you there.

If you require any more information, please see the information leaflet or contact your School's Mental Health lead who can contact us.

Kind regards

Mental Health Support Team

