

**Children's 0-19 Public Health Nursing
Service**

0-19 Admin Hub
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Dear Parent/Carer

Universal Wellbeing Session for Year 6 pupils

Usually the school nursing service offer a health education session to year 6 classes focussed on understanding emotions and strategies to build and promote wellbeing. With the current social distancing requirements in place our team have not been able to come in to schools to meet pupils in the usual way. Consequently, we are offering you our Year 6 'wellbeing' session in video format along with a resource pack that can be used at home by families over the summer period. Additional video and resources will be added to our website and YouTube playlist over the coming weeks covering other wellbeing strategies and topics.

The purpose of our 'wellbeing' session is to support the development of children's emotional literacy and resilience through a series of engaging activities. A key role for school nurses is to provide information, help and advice to children and young people at an early stage. This session aims to guide children to be able to accept and manage the emotional experience of transition to secondary school whilst also teaching skills of self-regulation and mindfulness. The video also informs the children about our ChatHealth texting service and secondary school drop-in clinic.

Sometimes thinking about feelings can trigger emotions for children. It can be helpful for the parent/carer to recap at the end of the session that all of us experience a range of emotions every day; doing things that soothe us can help us to feel emotionally comfortable. We suggest some physical activity; a game or some breathing/relaxation exercises can help children to regulate their emotions and would be a really positive way to complete the session. It is also a good opportunity to remind children about their network of support and who they can feel safe to talk to.

The video and activities take approximately an hour and a quarter, you will need:

- Year 6 'Wellbeing' video (available at <https://youtu.be/XCwFsSulvwg>)
- Teacher/parent notes and resources which include templates for some of the activities (available at <https://www.nhft.nhs.uk/0-19#venue-useful-resources-tab>)
- Optional handouts: STOP Skill, Action for Happiness activity sheet, ChatHealth poster (available at <https://www.nhft.nhs.uk/0-19#venue-useful-resources-tab>)

If you have any questions or concerns please contact your school nurse. If for any reason you are unable to contact the nurse directly, please contact our 0-19 Admin Hub on the details above who will facilitate this for you.

Yours sincerely

Eva Trkulja and Pippa Gilbert
NHFT 0-19 School Nursing Service