



Introducing the new and exciting:

Wellbeing Ambassadors Project

The Mental Health Support Team (MHST) is delighted to offer your child's school an exciting new Wellbeing Ambassadors project we hope to trial across Penwith and the Isles of Scilly.

St Levan school has chosen the Year 5s for this project, which means your son/daughter has been chosen to take part.

As this is a new project it will be co-produced with the children involved. To gauge interest, we have already had one meeting with them to discuss potential ideas. They had some great ideas and seemed very excited about this potential new role, especially teaching both the teachers and their parents the new skills they will learn!

Obviously, it is also okay if any child does not want to take part.

Our plan so far:

The role of wellbeing ambassadors will be for the Academic year September 2023 - July 2024 and aims to improve the wellbeing of all children through teaching new skills and offering additional support.

It will involve your child:

- learning the 'Decider Skills' (12 skills to improve resilience when children feel big emotions)
- supporting your child to deliver the Decider Skills to the rest of the school (classes, with teachers and TAs in attendance)
- celebrating and being involved in any good practice in school regarding wellbeing, and any national wellbeing days or weeks
- putting wellbeing information in the school bulletin
- possibly learning about the Five Ways to Wellbeing
- attending 'Peer Mentoring' training to support younger children in school with their wellbeing.
- helping to train next year's Wellbeing Ambassadors

Because the MHST is part of the NHS, we have to record the work we are doing with your child. This information is needed for our clinical monitoring.

Therefore for your son/daughter to take up this role, we will need some of their personal details and a note will go on their health record to say they have received the training.



This is how this will work -

- The school will receive a link to a form to input your child's details to access the Decider Skills training and the Peer mentoring training (so on two separate occasions), and possibly a third time if they receive the 5 ways to wellbeing training later in the year.
- A note will then be put on their health record to say they are part of the Wellbeing Ambassadors Project and receiving the training.

(If you'd like further information on how your child's personal details and information will be used then please contact me on the email below.)

Please complete and return the form below to the school office by **Wednesday 27th September**.

Best wishes

Sarah Sejahtera
EMHP Supervisor and Practitioner
West Team - Penwith and the Isles of Scilly
I work Mon - Fri 9-5
I can be contacted by e mail:
cft.mhschoolsteampenwithandios@nhs.net or phone
01726 873204

Date: September 2023

I (parent's name)..... give consent for my
child (child's name)..... to take part in the
Wellbeing Ambassadors project and receive the Decider Skills training and the
Peer mentoring training.

By completing this form, you are consenting to a generic note being added to
your child's health record regarding their involvement in the Wellbeing
Ambassador Project, and noting they have undertaken both the Decider Skills
training and the Peer mentoring training.