



# Wellbeing Ambassadors Project

The Mental Health Support Team (MHST) is once again delighted to offer your child's school the Wellbeing Ambassadors project.

This year the training will focus on becoming a Peer Pal which we are trialing at St Levan school.

## Training

The training will cover:

Week 1 - Active Listening

Week 2 - Empathy

Week 3 - Keeping safe

Week 4 - The importance of play and having fun.

**The training is designed to give your child the skills to support peers in the playground at break times.**

We have agreed to offer the opportunity to train as a Peer pal to all Year 5 pupils and hope to start on 1st October.

At the end of the training your child will become a Peer Pal for their school. It is envisaged they will have this role for a full academic year so until July 2026.

I will then work with the children to support them to roll this project out across the school.

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 Peer pals training.
- A note will then be put on their health record to say they are part of the Wellbeing Ambassadors Project in St Levan school 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 e mail below.)

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 the Peer pals training.

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

Best wishes

*Sarah*

Sarah Sejahtera  
CWP (BABCP registered), Trainee VIG practitioner and EMHP Supervisor  
West Team - Penwith and the Isles of Scilly  
I work a 9-day fortnight having every other Monday off and working 8:30-5:30  
on the rest of the days.  
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