

# MENTAL HEALTH SUPPORT TEAM



*Dear Parents and Carers,*

*We are pleased to invite you to attend a 5 Ways to Wellbeing – Watch Me Learn session alongside your child, delivered by the Mental Health Support Team (MHST).*

*This session is designed to help children build positive wellbeing habits through simple, practical activities focused on the 5 Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. By taking part together, you'll be able to see how these ideas can be introduced and learn ways to support your child's emotional wellbeing at home.*

*The session will be relaxed, interactive, and suitable for all children. There is no expectation to share personal information, and parents are encouraged to simply observe, join in, and enjoy learning together.*

*We look forward to welcoming you and working together to support your child's wellbeing.*

*Kind regards,  
Mental Health Support Team (MHST)*