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TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

Article 28: Children have a right to a primary education.

Friday 15th September 2023

Dear Parents/Carers,

TrickBox – Supporting children's mental health and wellbeing

In our TEACH Trust schools, we aim to promote positive mental health and emotional wellbeing in all our children. We understand how important it is to increase our understanding and awareness of common mental health issues, so that we can identify and respond to early warning signs of mental ill health in children and understand how and when to access support. Through a culture of mental health being 'everyone's responsibility', we aim to develop resilience amongst children, raise awareness of what support is available and teach effective strategies to cope with challenges.

To support this, we have updated our PSHE curriculum so that we can progressively teach the skills, knowledge and understanding that our children need to keep themselves - and others - physically and mentally healthy and safe. As a Trust, we will be implementing a research-based programme 'Trick Box' this year, to teach simple strategies to our children so that they can develop confidence, emotional regulation techniques, positive communication skills and creative problem-solving skills.

The strategies, or 'tricks', are sequential and build over time throughout the children's school journey. We will also facilitate Happy Habits assemblies, which focus on helping the children get the best from life, manage their challenges and know when to ask for help.

Through their PSHE lessons, the children will learn:

- about mental as well as physical health
- skills to develop confidence and character
- strategies to regulate their emotions and develop coping mechanisms
- skills to develop empathy and relationships
- positive communication skills
- how to develop their interests and creativity



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[ad_astra_infant_school](https://www.instagram.com/ad_astra_infant_school)

[haymoor_junior_school](https://www.instagram.com/haymoor_junior_school)



The children will no doubt come home and share with you their favourite 'tricks'. For example, the 'Mirror Mirror' trick may help a child's confidence to blossom, whilst the 'Breathing Colour' trick may help another child regulate their breathing and help them to remain calm.

Mirror Mirror trick:



I can say nice things to myself.

Breathing Colour trick:



I can breathe colours to calm down.

If you would like to know more about TrickBox, then please do not hesitate to contact me.

Yours faithfully

Mrs Chandler
Inclusion Leader



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