

Cunningham Hill Schools

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Mental Health Wellbeing Alliance

Friday 12th November 2021.

Dear Parents/ Carers,

We're thrilled to announce an exciting initiative and partnership between Cunningham Hill School and The Happy Confident Company.

As you're all aware, we pride ourselves on helping the children at this school become the very best versions of themselves, equipped to deal with any challenge, able to understand and express themselves proudly. The Happy Confident Company share this vision and bring together parents, children, educators, therapists, and psychologists, to create great products for primary aged children that help develop their metacognitive skills from the earliest age.

Working hand in hand, we are co-developing a primary school programme, taking a whole school approach to deliver better, stronger mental well-being to children from early-years through to secondary transition.

Year 1 and Year 3 will be using The Happy Confident Me Daily journals, mid-way during the school day to reflect positively on the morning, and help them to draw on the positives, flag any issues with their teachers, and reset peacefully for the second half of the day.

Year 6 will be working through The Happy Confident Me Life Skills Journal, which was co-authored with the esteemed psychologist Dr Linda Papadopoulos. This book contains 60 activities across 10 powers that will give our year 6s the emotional skills and inner strength to know and understand themselves, be able to express and manage their feelings, rise with optimism and confidence, be more resilient, and better equipped to navigate the transition not only to secondary school, but also into adulthood.

We'll also be introducing positive affirmations, conversation starter cards, and in line with our Zones of Regulation, a tool called FEELIT that will help our children expand their emotional vocabulary, giving them the strength to better identify, understand, articulate and regulate their feelings. These will be used in all year groups to complement our existing curriculum and aid conversations about wellbeing throughout the school.

If you would like to see the products or purchase any of them for use at home, please visit: <http://www.happyconfident.com> where you can see and purchase a range of resources. The school has been fortunate to receive a discount code that offers parents and friends of the school 15% off. Just enter: chs15 at the website checkout.

We're so proud to have been selected to take the lead in this pilot and look forward to sharing feedback along the way with all of our parents.

Yours sincerely,

Miss Shennan
Assistant Headteacher