



G A Y T O N P R I M A R Y S C H O O L
G A Y T O N R O A D • H E S W A L L • W I R R A L • C H 6 0 8 P Z

15th January 2021

Dear Parents/Carers,

We have arranged for Thumbs up to provide 3 family wellbeing sessions for our school. These sessions will take place on the following dates and times:

- **Wednesday 20th January 2pm-3pm**
- **Wednesday 27th January 2pm- 3pm**
- **Wednesday 3rd February 2pm-3pm**

The sessions are suitable for families so parents are encouraged to join in the sessions. However, we completely appreciate that parents may have many additional pressures at the moment so if you are unable to join that is fine. The children in school will be accessing the sessions and we will be sending the link out to parents so that they can join in with the sessions at home.

We know that lockdown is exceptionally challenging for many children and parents and we wanted to provide some sessions to support families at this time. We hope that these sessions will help to support families to manage their wellbeing and their mental health.

Attached to this letter is further information from Thumbs up with regards to what will be covered in the sessions. The sessions will be held via zoom and we will send out the link nearer the time so that you can access the session.

We hope that families will find these useful at this time.

Thank you for your continued support,

Kind regards,

Mrs McAleny

Mrs McAleny

Headteacher: Mrs McAleny

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Thumbs Up family wellbeing sessions

We are so pleased to be able to offer a bespoke programme to parents/carers and children from Gayton Primary School

We have been delivering our programme throughout Wirral for the past six years, and have worked in over 55 schools in our area and further afield too. Our programme is underpinned by core strategies associated with Cognitive Behavioural Therapy (CBT) and offers simplistic methods to bring about positive changes.

Essential Life Skills Programme

The Essential Life Skills Programme is our 'core' programme which we have adapted to incorporate pertinent topics for the present situation we are in, and of course to be effectively taught remotely. This programme is targeted to teaching staff, parents/carers and children; it can be enjoyed together. Team Thumbs Up pride ourselves on our unique presentation style. We take the important topic of 'mental health' and deliver it with fun, humour and interaction. Our ethos is very much – if a child (or parent/carer) is smiling and enjoying learning, their ability to absorb positive and forward thinking strategies is so much better

During our online sessions we will be addressing the following topics:-

- Effective communication
- Raising self-esteem
- Understanding ourselves (self-awareness/self-worth)
- Explanation of model of Cognitive Behavioural Therapy (thought cycles)
- How to turn negative thoughts and feelings around
- Building confidence
- Bouncing back (building resilience)
- An 'attitude of gratitude'
- Introducing mindfulness into everyday lives
- Having an 'I CAN DO IT' attitude
- Positive affirmations
- The impact a positive mindset has on learning
- Gaining a better understanding of emotions and feelings
- The importance of talking about how we feel
- Anxiety/stress management
- Making good choices and the necessary changes
- Personal best
- Discover your superpowers

For more information about Thumbs Up and the work we do, please take a look at our website at www.thumbsupprogramme.co.uk.

Also please note – following completion sessions, if you require any further advice or support, please do not hesitate to contact us.

Contact us at:- admin@thumbsupprogramme.co.uk

We look forward to seeing you.

Sue and Cath from Team Thumbs Up

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