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*Be strong and
courageous.....for
the Lord your God is
with you*

31st March 2025

Dear Parent/Carer,

Bucks Mind Five Ways to Wellbeing

In the second half of the Summer Term, Buckinghamshire Mind are offering a six-week club focusing on the five ways to wellbeing, from Wednesday 11th June until Wednesday 16th July. The club will be held after school on a Wednesday.

Buckinghamshire Mind is a mental health charity, which offer services across the county of Buckinghamshire to reach out and ensure everyone with a mental health problem gets access to the help they need. They already work within the school for our Peer Mentor programme.

Through the club, Bucks Mind hopes to achieve the following outcomes:

- An increase in pupils' knowledge of mental health and wellbeing.
- Pupils know where to go for help.
- An increase in pupils' understanding of how to manage their wellbeing and mental health.
- An increase in knowledge of strategies pupils can use to feel better and address anxiety or low moods.
- Increased confidence

The club will involve moving and playing games, crafting and writing activities. Pupils will be asked to reflect and practice calming strategies. Pupils will also receive a journal with activities based around the five ways to wellbeing.

If your child would be interested in attending this club, please complete the online form by 9am Wednesday 2nd April.

<https://forms.office.com/e/Azwp7DwDpR>

If the club is oversubscribed, places will allocated as fairly as possible.

Yours sincerely,

Miss E. Collins
Year 6 Teacher

