



Dear Parents,

As part of our mental health programme, as a school we are setting up happiness boxes in each classroom. Happiness boxes are proven to be effective in allowing children to build self-resilience and it enables them to practice and rehearse strategies that help them cope with their emotions by being able to see and touch items that bring a sense of calm and happiness. Linked to this, we are asking each child to bring one photo that can be added to the happiness box for them to be able to use throughout the year if they need to. This would usually be the actual item, but current guidelines prevent this. This can be of anything that you feel is effective in bringing them a sense of calm. Some examples of photos they could bring include;

- A toy
- Their family or a specific family member,
- a holiday memory
- their room
- A place special to them

Please ensure the children are aware that the photo will have to stay in school during term time, so it is something they do not need at home every day. This photo will only be used when needed and the teacher will then allow them to hold onto it for a set amount of time before putting it back into the box.

If you have any questions, please contact me on jpalmers@saughallallsaints.cheshire.sch.uk. Thank you for your continued support,

Mrs Preston