

February 2026

Dear Parent/Carer

BRAIN BUDDIES – CLASSES 5B and 5C

We are pleased to inform you about an exciting project Year 5 will be participating in this year. Year 5 will be taking part in a 6-week programme called 'Brain Buddies'. The school has taken part in this programme for the past 2 years. The role of the Harrow Mental Health Support Team is to work with teachers, children and their families to promote good mental health and wellbeing across the school. The Programme will be facilitated by one of the Mental Health Practitioners, Anisa Chand. Brain Buddies will be delivered to all 3 Year 5 classes in turn.

What is Brain Buddies?

Brain Buddies is a 6-week programme which is aimed at students in Years 4, 5 and 6. The aim of the programme is to help children to:

- Understand the different emotions they experience in their day to day lives
- Learn what they can do when their feelings become too big. This is called emotional regulation.
- Build skills and develop strategies for regulating their emotions through self-care, self-calming, thinking techniques and problem-solving.

By the end of the programme, children will:

- Have an improved understanding of emotions
- Be better able to identify emotions in themselves and others
- Have learnt new strategies for regulating their emotions

Brain Buddies is a universal intervention. This means it is not a therapeutic or 'treatment' group for those requiring specialist support. Your child has not been targeted for the programme. Mental Health Awareness and emotional regulation is important for everyone and so this is why the whole class are taking part in Brain Buddies together.

How will the Brain Buddies Course 'look'?

The programme will include:

1. **6 x 50 min sessions:** These will be delivered starting on **Friday 13th March**. The group material includes a combination of teaching, worksheets and small group tasks. Anisa will be working closely with the Year 5 teachers, to make sure that the programme is delivered in a way which meets the needs of the whole class.
2. **Workshops and resources for parents:** Resources and materials will be shared with you throughout the programme. This will help you to know what is being covered each week so that you can practice the emotion regulation strategies with your child at home.

Whilst all of the workshops with children will be happening in school, the Mental Health Support Team (MHST) recommend encouraging healthy discussion with your child about what is covered in the sessions. They may wish to make some changes to the way they manage big feelings at home or some emotional regulation strategies they would like to share with you.

If there is a reason you **do not** wish for your child to take part in these workshops, please fill in the below slip and return to the class teacher. This will need to be returned by **Thursday 5th March**. If we have not heard from you by then, we will assume that you wish your child to take part. Thank you in advance for your support.

Yours Sincerely

Mrs Katy Hinson
(Assistant Head Teacher – Inclusion)

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Please return this slip to your child's class teacher by Thursday 5th March at the very latest ONLY IF YOU DO NOT WISH YOUR CHILD TO TAKE PART IN THE WORKSHOPS.

VAUGHAN PRIMARY SCHOOL

BRAIN BUDDIES 5B

Child's name: Class:

I **do not** give permission for my child to take part in the Brain Buddies programme.

Signature of Parent/Guardian: