



# THE ECCLESBOURNE SCHOOL

*'Learning Together For The Future'*

Head Teacher  
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09 February 2024

Dear Parents and Carers,

## **Year 7 Bouncing Back Programme**

In February and March, Action for Children will be coming into school to deliver their "Bouncing Back" well-being programme to our Year 7 students. The sessions focus on challenging negative thought processes and promoting positive emotional well-being and mental health.

Each tutor group will participate in two 1-hour sessions, one week apart as follows:

- Tuesday 27<sup>th</sup> February (Session 1) and Tuesday 5<sup>th</sup> March (Session 2): 7L, 7R, 7S and 7U
- Tuesday 12<sup>th</sup> March (Session 1) and Tuesday 19<sup>th</sup> March (Session 2): 7B, 7C, 7E and 7N

Please see the attached letter from Action for Children for more information with regards to the sessions.

If you have any questions or concerns, please do not hesitate to contact me.

Yours sincerely,

Mrs S Smyth  
Head of Year 7



Dear Parents/ Guardians

Action for Children is working together with your child's school to deliver a 2-week programme called 'Bouncing Back'.

The Bouncing Back programme will be delivered over 2 x 1-hour sessions to the whole class group with the support of a member of the school staff team and is aimed to help young people to identify triggers to negative thought processes that can impact our emotional and mental well-being. It is based around the Cognitive Behavioural Therapy theory and focuses on the idea that our thoughts, feelings, and actions are all connected.

The programme is designed to encourage children and young people to develop an 'inner' tool kit to help them to challenge their own thought processes that can impact feelings and behaviours and promote positive emotional well-being and mental health.

This is a voluntary programme which is not compulsory for your child to attend as part of their educational curriculum. **If you do not wish for your child to access this, please contact your child's school to opt out.** Action for Children will ask school for the Initials and Date of Birth for all children that attend for our funding recording purposes. If school do not hear from you before the agreed delivery date of 27 February 2024, we will assume that you have no concerns with your child attending the programme and the data detailed above being shared with Action for Children.

For your information, your consent is not required for your child to attend the programme as it is related to the curriculum. This is the reason why you are being asked to opt out rather than opting in.

If you would like further information, please contact: [Michelle.Pashley@actionforchildren.org.uk](mailto:Michelle.Pashley@actionforchildren.org.uk)

Yours sincerely,

*Michelle*

Michelle Pashley  
The Blues and Bouncing Back Programme  
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