

Mengham Junior School

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Dear Parents/Carers,

Your children's well-being is of the greatest importance to us. We know that children who feel happy and secure are more able to achieve and thrive within school and the wider community and so promoting positive mental health and well-being is a priority for us as a school over the next few years.

We would like to share some information with you regarding a new venture in school that we are launching this year.

Trickbox is a simple, fun and effective whole school, whole family, emotional management and personal development programme. It is designed to support children in four key areas: confidence, calm, creativity and communication. Children will learn skills to help recognise feelings and manage difficult situations, all skills that are essential for life and promote positive mental health and wellbeing.



Each week, the children will learn a new 'trick' designed to support one of these four key areas. The children will be provided with a trick card each time they are taught a new trick and children will be encouraged to take these home so they can be shared with you. A box will be provided to store these in.

We will also include some information about the tricks the children have been learning in the school's newsletters for your information.

Next Monday, Trickbox will be launched with the 'Mirror Mirror' trick. This trick aims to develop children's confidence as they practise saying something positive about themselves in front of a mirror (or a pretend mirror!) As we get older, we often find saying nice things about ourselves a bit awkward and embarrassing, but it is important that we can recognise and celebrate something we like about ourselves, or something we think we are good at.

If you'd like to learn a little more about the programme, please follow the link to our website:

There is also a video of Trickbox in action here: [Trick Box on South Today](#)

We expect the programme to be well received by the children and hope they will find the tricks beneficial.

If you have any thoughts or comments as the programme progresses throughout the year, please let us know.

Kind regards,

Odele Davies and Edward Harrison
Co-Headteachers

At Mengham Junior School we strive to be Successful learners, Healthy and Confident individuals,
Responsible members of our community

