



Heartwood Church of England VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Thursday 3rd September 2026

Dear Parents/Carers,

In life skills this term, Year 6 will be learning about mental health and wellbeing.

W/C 7 th Sept 2026	Regulating Emotions - This lesson focuses on emotional awareness, including how to recognise and distinguish between emotions
W/C 14 th Sept 2026	Managing Distraction - This lesson focuses on how to direct attention and manage distractions.
W/C 21 st Sept 2026	Developing positive thinking habits - This lesson focuses on habitual thoughts and emotions, and how these can be managed or changed.
W/C 28 th Sept 2026	Managing rumination and worry - This lesson focuses on managing rumination and worries and developing emotion regulation strategies.
W/C 5 th Oct 2026	Managing Stress - This lesson focuses on managing stress.
W/C 12 th Oct 2026	Change Loss and Grief – How do people manage loss and support each other.

If you have any questions, please do not hesitate to get in contact.

Kind regards,

Mrs Watts
Red Deer Class Teacher



'Live life in all its fullness'
John 10:10