Date – 01/01/2021

Dear Parents/Carers

Promoting mental health and well-being has long been one of our priorities at SCHOOL NAME. Over the last year it has become even more apparent of just how important good mental health is, and equally, how hard it can be to maintain.

In order to extend the support we already have in place, we have chosen to introduce a new resource that will complement our current practices. A resource that children and staff alike will be able to follow and use to develop an understanding of emotions and feelings. The resource we have decided to follow is an emotional and wellbeing tool for schools, known as vOUCHers. By using the vOUCHers emotional support process in school we can expand our support for the children by continuing to empower their right to talk about how they feel: something that many children can find quite difficult when experiencing these emotions.

Part of this resource means that on occasion, your child may come home with a ‘vOUCHer’. This vOUCHer will have been selected by your child, following a process where they have expressed an emotion and situation that they are struggling to resolve. Time will have been spent discussing their emotions including how and where they feel and experience the feeling. Once this time has been spent, your child may be offered a vOUCHer that they have chosen to then ‘spend’ with a person that they trust to listen and support them with their situation and feelings. That person will more than likely be you.

Should you wish to read further information about how you may be able to support your child when they present you with a vOUCHer, then please do visit www. OUCHer.net which has additional resources, activities, and further information about both the school and home editions of vOUCHers.

Should you have any further questions with regards to this, please do not hesitate to contact me directly.

Thank you for your continued support.

Yours Sincerely,

School Lead for vOUCHers