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CEO : Mrs Kate Carter BA (Hons) PGCE NPQH
 Ad Astra Infant School Headteacher: Mrs Clare Tantrum BSc (Hons) PGCE
 Haymoor Junior School Headteacher: Miss Lucy Waterhouse BA (Hons) PGCE NPQH

TEACH Trust Poole

Trust Excellence Aspiration Collaboration Honesty

Article 17: Children have the right to reliable information from different sources

Wednesday 3rd January 2024

Dear Parents/Carers,

TrickBox – Ad Astra Infant School and Haymoor Junior School **Parent and Carer information session**

When: Tuesday 16th January 2024 at 2.30pm – 3.00pm

Where: Ad Astra Infant School

We wrote to you last term to introduce the TrickBox scheme and how this research-based programme is implemented in our TEACH Trust schools. Through their PSHE lessons and TrickBox 'Happy Habits' assemblies, the children have already begun to learn a range of strategies, or 'tricks', to develop their confidence, emotional regulation techniques, positive communication skills and creative problem-solving skills. This is all part of a wider personal development curriculum that aims to promote and support positive mental health and emotional wellbeing in all our children.

The Inclusion team from Ad Astra Infant School and Haymoor Junior School are delighted to be able to offer both infant school and junior school parents and carers the opportunity to come to Ad Astra and learn all about the TrickBox programme. We will share with you, the strategies, or 'tricks' in the TrickBox series, so that you have a better understanding of what we are teaching the children in school, so better enabling you to support your children at home.

Our children will also explain what they have learned so far in their PSHE lessons and share with you their favourite 'tricks' so far. We understand how important it is to increase our understanding and awareness of common mental health issues, and through this programme we aim to develop resilience amongst children, raise awareness of what support is available and teach effective strategies to cope with challenges.

If you would like to attend the TrickBox information session, then please come to Ad Astra Infant School at 2.30pm on Tuesday 16th January, where you will be welcomed by the Inclusion team. Refreshments will be available and there will be an opportunity for questions and discussion. We look forward to seeing you at the session.



Yours faithfully

Mrs Chandler and Mr Proffitt - Inclusion Leaders



Ad Astra Infant School

Haymoor Junior School



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