



BLACKMINSTER MIDDLE SCHOOL

Executive Headteacher: Ms Linda McQuone BSc(Hons), MA(Ed), PGCE, NPQH, MCCT

Station Road, South Littleton, Evesham
Worcestershire, WR11 8TG
Telephone: 01386 830311
office@blackminster.worcs.sch.uk
www.blackminster.worcs.sch.uk

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Dear parents and carers

Bouncing Back Program

We're very fortunate at Blackminster to have secured places for all of our students on a program called "Bouncing Back".

Bouncing Back is an early intervention programme designed to equip young people with the skills and tools they need to manage their emotional wellbeing. We feel that this is particularly important in light of the on-going COVID pandemic and educational disruption that students have experienced. The program consists of two sessions involving tips on building resilience, how to self-manage negative thinking and where to go for further help and support if needed. The sessions will take place in school time, and will be delivered to your child's tutor group by trained facilitators from Action for Children.

If you'd like further information about the sessions, please contact:

Stuart.Stokes@actionforchildren.org.uk

I'm attaching Action For Children's consent form for the program, and I'd be grateful if you would sign the slip and return it to your child's tutor (or email to office@blackminster.worcs.sch.uk) by Monday November 1st at the latest.

I hope very much that you will want your child to take part in the program, and that it proves helpful for them now and in the future.

Kind regards,

Linda McQuone
Executive Headteacher

