



## BLACKMINSTER MIDDLE SCHOOL

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Dear parents and carers

### Bouncing Back Program

You'll remember that I wrote to you a couple of weeks ago about the Bouncing Back Program. We're very fortunate at Blackminster to have secured places for all of our students on this program. 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.

You'll recall that Action for Children were asking parents and carers for consent to use their children's data as a condition of being able to participate, and I know that a number of parents and carers were reluctant to give this. However, I've heard today from **Action for Children that they are NOT going to collect this information after all. I hope, therefore, that all parents and carers will be happy for their children to undertake the sessions.**

**If this is not the case and you would prefer your child to be withdrawn, please could you email the office (office@blackminster.worcs.sch.uk) and let us know.** We hope that the program will be a positive and helpful experience, and that the removal of the requirement to share personal data will mean that all children can benefit.

If you'd like further information about the Bouncing Back program, please contact:  
Stuart.Stokes@actionforchildren.org.uk

Kind regards,

Linda McQuone  
Executive Headteacher

