



Thursday 13<sup>th</sup> November 2025

Dear Parents,

At Holmer C E Academy, the mental health and well-being of our pupils, families, and staff is of the utmost importance to us. Research shows that around 1 in 6 children aged 5 to 16 experience a mental health difficulty each year, highlighting how vital it is to nurture emotional wellbeing from an early age.

Throughout the school day, we offer a wide range of opportunities for children to develop resilience, empathy, and self-help skills. Our curriculum is carefully designed to promote personal growth and reflection, with explicit teaching through PSHE (Personal, Social, Health Education) and RSE (Relationships and Sex Education) lessons.

At Holmer C E Academy, we also support wellbeing through our nurturing Christian values, Mindful Mondays, reflection and prayer spaces, and a strong Pastoral Care Team who ensure every child feels listened to, valued, and supported. We believe that happy, confident children are best placed to thrive both academically and personally.

We would like to invite you to join your child in their PSHE and wellbeing lesson on **Thursday 27<sup>th</sup> November 2025 at 8.50am** (Years 4, 5 and 6). This session will give you the opportunity to experience how we teach and encourage positive wellbeing and self-care strategies within our classrooms.

To help us gauge numbers attending, please complete the form below:

[Wellbeing session – Fill in form](#)

We look forward to welcoming you into school on Thursday 27<sup>th</sup> November and hope you will find the session both enjoyable and informative.

Kind regards,

Jayne Maund

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