



Greswell Primary School and Nursery

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Five Ways to Well-Being Workshop

July 2026

Dear Parents and Carers,

Education Mental Health Practitioners (EMHPs) are part of a government initiative that aims to promote good emotional wellbeing and mental health, supporting children and their families through prevention, early intervention, and education. EMHPs are based in schools and have been working in a number of schools across Tameside over the last 5 years.

EMHP's are trained to provide short-term CBT (cognitive behaviour therapy)-informed low intensity interventions for young people who are in school. They are trained to support young people through assessment, formulation, psychoeducation and (brief) treatment, using a range of evidence-based, 'CBT informed' approaches.

The support they provide is for children who are experiencing mild to moderate mental health needs and is an early intervention strategy method which can equip children with the tools they need to manage their mental health difficulties as they arise. This in turn is a preventative for children experiencing more significant mental health difficulties later in life. Typical presentations that the EMHP can offer support with are: mild anxiety/worry, panic (feeling panicky, mild panic attacks), low mood, low self-esteem, common behavioural difficulties.

Jo Sykes is our allocated EMHP, assigned to us by Tameside Mental Health Support Team, and she will work in school on Wednesdays. The EMHPs will provide support to students on either a one to one or group basis for a specific number of sessions, usually a maximum of 6. As children come to the end of Year 4, we are considering what support may be helpful to our children as they start Year 5. To this end, Jo will be delivering a 'Five Ways to Well-being' workshop in class on 15th July 2026 to all pupils. After the workshops, there is an opportunity for Jo to identify children who may benefit from groupwork, workshop and 1:1 work in Year 5.

The process to identifying children who may benefit will be:

- Children will complete a 'Me and my Feelings' questionnaire screening tool
- Results of the screening tool will be discussed confidentially between Mrs Whiteley, class teachers and Jo Sykes
- A wellbeing action plan will be created for the group of children.
- Children identified as needing further support, parents will be contacted, and a wellbeing support plan will be discussed in September.



As the EMHP service is provided by the NHS, any support that children receive, if required, will be recorded within their NHS record by the EMHP. School do not have access to their NHS record.

The EMHPs role will not replace the existing mental health and wellbeing support at Greswell Primary School: this is an additional resource which enhances the provision. During the coming year Jo will also be able to host some support and wellbeing sessions for parents, carers and staff. The EMHP can provide advice, guidance, and signposting to parents/carers with regards to their own or their child's emotional mental health.

If you have any questions or would like to discuss your child's wellbeing or mental health, please do not hesitate to contact school to speak with myself or Mrs Whiteley (Mental Health lead).

The workshop complements our PSHE offer in school. If, however, you do not want your child to complete the screening process you must put this in writing and give it to your child's class teacher by Tuesday 14th July.

Yours sincerely,

Year 4 Team

