



Edgewood Primary School

Building skills and values for life

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22nd May 2025

Dear parents/carers,

We are delighted to announce that Be U Notts will be delivering their new project 'Wellbeing Hubs' to your child's class, providing mental health and wellbeing workshops.

Their workshops use various interactive activities and discussions to foster a sense of community and to promote resilience and mindfulness. The goal is to equip young people with the right tools, knowledge and practical skills to navigate topics such as anxiety and emotional dysregulation.

There will be a webinar, which will take place on **Wednesday 4th June at 5:30 pm**. School will share a Microsoft teams link later this week and resend after the half term.

Here is an overview of the content of the webinar:

- Introduction to the Be U Hubs service and their aims.
- Understanding anxiety and emotional dysregulation- identifying symptoms and triggers.
- Explaining the science behind coping strategies.
- Supporting children in practising healthy coping strategies.
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To join the webinar, you will need to use the following link and login details:



Link: https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzAzYWU5ZDYtYjYyNC00YTc2LWFIZmItZmVhNmVmOWE3ZjRi%40thread.v2/0?context=%7b%22Tid%22%3a%22626975db-39f7-490a-bf6a-11d9907a5287%22%2c%22Oid%22%3a%22b944cdca-22d2-4905-8c67-5de33e1ccfac%22%7d

Meeting ID: 360 138 000 614 5

Passcode: xi2nF2LL

There will be additional support for those children that we feel would benefit from further input. This will involve a 1:1 session with a wellbeing practitioner. The model builds on the success of single session therapy/1+ intervention by incorporating a blend of therapeutic techniques and strengths-based approaches.



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 <http://facebook.com/primaryedgewood>
Christchurch Road, Hucknall, Nottinghamshire,
NG15 6HX

The team is funded by the Department of Health and Social Care and require data to monitor the success and ensure the continuation of this offer around Nottinghamshire. The data required will include demographic information such as: Name, date of birth, postcode, as well as other information such as whether your child has access to free school meals and past mental health service involvement. For ethical reasons, when this data is transferred to the Department of Health and Social Care, each child will be non-identifiable.

If you have any concerns regarding this data being submitted to Be U Hubs, please speak to your child's class teacher.

Yours faithfully,

Year 5/6 team