



Dear Parents/Carers,

We would like to take this opportunity to introduce ourselves. We are Educational Mental Health Practitioners (EMHP's) working within schools as part of the Mental Health Support Team (MHST).

In collaboration with Bushmead Primary School we have agreed to deliver a 9-week Emotional Regulation psychoeducation group called **Brain Buddies** for your child's class as part of health promotion around wellbeing. This is a whole class intervention that contributes to the PSHE curriculum. No child has individually been identified as requiring emotional specialist support.

### Brain Buddies

The Brain Buddies group gives children the opportunity to work on several topics and areas, including:

- ❖ Their understanding of what emotions are and why we all have them.
- ❖ Identification and regulation of emotions.
- ❖ Self-care, self-calming and body-based strategies.
- ❖ Sessions will also cover skills to challenge some common unhelpful thoughts, problem-solving skills, and how to ask for help and support when emotions get difficult to manage on their own.

The group material includes a combination of teaching, worksheets, and small group tasks. Brain Buddies consists of nine content sessions, each of which is 50 minutes in length, delivered on a weekly basis in the classroom. A member of school staff will be present during the delivery of all sessions.

The group draws upon evidence-based practices that support the development of emotion regulation in young people and are consistent with the most up to date therapeutic approaches.

The first group will take place at Bushmead Primary School during school hours, on Tuesday afternoons beginning 06<sup>th</sup> January 2026.

We now offer a pre-recorded parent webinar to give you further information and answer any questions you may have. We strongly encourage you to view the recording, so you can get some ideas about conversations you can have with your child to further support their emotional regulation development.

Please use the following link to watch the recording  
<https://vimeo.com/1047495314/36903a8c5c?share=copy>



## The facilitators

All our Brain Buddies facilitators are experienced in working with children and young people and qualified to deliver this group.

## Information collection and record keeping

As part of Brain Buddies, we are collecting data at the beginning and end of the group using a 6-item questionnaire measuring progress towards some group goals. This allows us to track how effective the group is at equipping students with understanding emotions and developing strategies for regulating their emotions. This information will be added to your child's NHS health record with a short paragraph on the aims of the group and then again, an entry will be made when the group has been completed which will include progress made towards the goals.

Please confirm via ParentPay if you do/do not wish your child's health record to have an open referral to us for this group and be updated with this information, by December 1<sup>st</sup>, 2025.

We also ask students for their feedback on how they found the group. This is anonymised and used for service development.

Should you have any questions about the Brain Buddies group or any questions about your child's participation, please do get in touch.

Best wishes,

**Mica Rosen**  
**Educational Mental Health Practitioner**  
**Huntingdon and St Neots Mental Health Support Team**

**Chloe Phillips**  
**Educational Mental Health Practitioner**  
**Huntingdon and St Neots Mental Health Support Team**

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