



**North Newton
Community Primary School**
“Together We Achieve”



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Mental Health Support Team (MHST) Workshops - Monday 12th October 2026

Dear Parents and Carers,

On Monday 12th October, children in Foxes, Squirrels and Badgers will be taking part in a workshop delivered by the Mental Health Support Team (MHST) which is part of Young Somerset.

The sessions will focus on emotional wellbeing and will be tailored to each age group:

- Years 1 and 2 will be learning about emotions and then creating a calming potion.
- Years 3 and 4 will be exploring feelings of anger, discussing calming strategies and creating an anger toolkit.
- Years 5 and 6 will be looking at emotions more broadly and learning how to turn fears into something funny and less overwhelming.

We hope the children will find these workshops enjoyable and beneficial, helping them to develop their understanding of emotions and positive wellbeing strategies.

For parents and carers who would like to find out more about the Mental Health Support Team or access additional wellbeing resources, including the updated autumn term online webinars and information about the 'Tuning into Kids' virtual sessions, please visit the Parent/Carer Wellbeing Toolkit:

<https://padlet.com/SomersetMHST/parent-carer-wellbeing-toolkit-5mx7nlay6ba0ozlm>

If you have any questions, please do not hesitate to get in touch.

Kind Regards,

Mrs Leach and Miss Mayo