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Monday 26th January 2026

Dear Year 6 Families

On **Friday 30 January**, our Year 6 classes will be taking part in an exciting session led by One-Eighty, a local charity that supports children, families and schools. One-Eighty works closely with schools and communities to support young people's well-being and help them feel more confident and supported in their school environment.

They'll be running a group project called 'Make Me Smile', which is designed to help children:

- Build a basic understanding of mental health
- Learn strategies to manage worries
- Contribute to a kind and caring school environment

Year 6 will be supported by their usual class staff, along with the friendly and experienced One-Eighty team. As part of the project, the Year 6 pupils will also have the chance to lead a short session for Year 3, sharing what they've learned in a fun and age-appropriate way. This helps create a culture of peer support and encourages children to talk openly about their feelings.

By taking part, Year 6 pupils will have the opportunity to become 'Mental Health Awareness Ambassadors', helping to promote wellbeing across the school. We hope to follow up with a whole-school 'Make Me Smile Day', where all pupils can take part in activities that celebrate mental health awareness and encourage open conversations.

Please note – One-Eighty team will be taking and publishing photos of this work on their website and social media to promote their services. If you wish your child/children NOT to be included, can you please make school aware ASAP (it will only be backs of children's head – no faces).

We're really looking forward to this positive and empowering experience for our pupils. If you have any questions or would like to know more, please don't hesitate to get in touch.

Best wishes,

Fir Tree School Team