



SAINT MARY'S PRIMARY SCHOOL & NURSERY UNIT

Principal: Mr P Gilchrist

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4th September 2025

Dear Parents,

As part of our school's continuing commitment to the development of pupil wellbeing, our Primary 6 pupils will be participating on a course related to mental health called **Healthy Me**. This course is provided free of charge by the Our Generation team within Action Mental Health. More details are attached.

It is anticipated that the pupils will participate in 5 sessions, each Wednesday morning in school and a 6th session where they will meet with pupils from Portavogie Primary School. The sessions will be based on the following themes:

1. Physical and mental health awareness
2. Emotional health and wellbeing (emotions and feelings)
3. Managing change
4. Anxiety
5. Why we think the way we do? (diversity, inclusion & influences)
6. Intergroup workshop (1/2 day with Portavogie Primary School)

Workshops

Each session includes elements of the following:

- Team challenges to promote relationship building and teamwork
- Small group discussions
- Problem solving exercises
- Individual exercises
- Whole class discussions

The workshops will focus on promoting three core areas for children and young people's development of communication skills in the areas of:

- Interpersonal
- Intrapersonal
- Intergroup

Please complete the permission slip for your child's participation by following the QR code overleaf by Tuesday 9th September as the course begins on Wednesday 10th September 2025.

Yours sincerely

Mr Gilchrist
Principal

Online Registration
[Parent Registration Link](#)



OG Data Privacy Statement
<https://ourgeneration-cyp.com/faqs/>

