



Ref: MHST

Date: 08.01.25

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Dear parents/carers,

I am writing to confirm that **Jade & Quartz Classes** will be starting **Brain Buddies** together on **Monday 20<sup>th</sup> January 2025**.

### **What is Brain Buddies?**

Brain Buddies is a fun and interactive programme that helps children to manage their emotions better, which is a key skill they will need in all aspects of their lives.

Brain Buddies takes place over eight sessions of around 50 minutes to an hour each week. There is a combination of teaching, worksheets and small group tasks. The children will have a workbook that they can keep to help them remember skills learnt in Brain Buddies after the sessions finish.

### **Why is emotional regulation important?**

Strong emotions can be scary for children, but they tend to feel more manageable when children are able to talk about how they are feeling. Brain Buddies will help students to manage their reactions to feelings and events by developing their understanding of and skills in emotion regulation.

### **Why has my child's class been chosen?**

Learning to self-regulate is an important life skill for all children. A child's capacity to manage their emotions affects their family, friendships, academic performance and long-term mental health and wellbeing. These skills can also help them manage transitions such as moving to secondary school.

### **Who is leading the sessions?**

Brain Buddies will be led by practitioners from Lewisham Mental Health Support Team (MHST) working closely with the class teacher. The MHST is a service supporting schools to improve the emotional health of all children.

If you have any questions about Brain Buddies, please get in touch with school via Rebecca Ogungbesan or your child's class teacher.

Yours sincerely,

Andrea Chan and Emilia Troup  
Education Wellbeing Practitioners  
*Lewisham Mental Health Support Team (MHST)*