



Charlton Kings Infants' School



Lyefield Road East, Charlton Kings, Cheltenham, GL53 8AY

Telephone: (01242) 514483

Headteacher: Katie James BA (Hons) QTS

Email: Headteacher: head@ckis.org.uk
Administrator: admin@ckis.org.uk
Secretary: secretary@ckis.org.uk

7th July 2017

Dear Parents

Project OAKS is a Gloucestershire mental health initiative created by a multi-agency team, working together to improve mental health outcomes for Gloucestershire families. It has been designed on the principle that when children do better, so will parents and when parents do better, so will their children. You will doubtless have heard lots on the news about the issue of child and young adult mental health. While our pupils here are still very young, we are aiming to give them the skills they need to build resilience and maintain their mental health as they mature.

I will be speaking to the children before the end of term about OAKS – One Act of Kindness Shared - and the five elements of it. These are connecting with others, being active, taking notice of what is around you, learning something new and giving – showing kindness to someone. The children will be bringing home a Feel Good Five Challenge which could form part of their holiday diary if you wish. Participation in this scheme is voluntary but hopefully, lots of you will take part and will see the benefits this approach can bring. We will also be looking to integrate the five principles of OAKS into our lunchtime play practice to enhance the emotional well-being of pupils while they are in school.

If you would like to know more about OAKS, I will be running a parents' information session on Friday 14th July at 2:30. It will only be a short session and will be finished in time for the end of the school day. With KS1 Sports in the morning, we really are seeking to promote healthy bodies as well as healthy minds.

I look forward to hearing about the OAKS you and your children manage to achieve over the holidays. Enjoy the summer break,

Yours sincerely

Joanne Jones
PSHE Co-ordinator