



# Charlton Kings Infants' School

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## Open Parachute – School mental health programme

Dear families,

We would like to tell you about an exciting project we have been invited to take part in. 'Open Parachute' is a school mental health programme written by a Canadian psychologist, Dr Hayley Watson, with the intention of supporting children's mental health and well-being. It is currently being delivered in schools across Canada, the USA, New Zealand and Australia with great success.

As members of our school family, you will already be aware that promoting positive mental health and well-being underpins our curriculum and practises across CKIS. Our vision is for all children to leave us as confident, resilient learners who have the ability to talk about and understand their own feelings and those experienced by others. Our aim is to equip our young children with the tools and strategies to support their own mental health and well-being, both now and in the future, ensuring that every child has; 'The wings to fly and the confidence to try.'

Open Parachute <https://openparachuteschools.com/> is a peer-to-peer learning resource which provides children with the opportunity to reflect on their own feelings and emotions through the voices and experiences of peers.

For the remainder of this academic year, we will be trialling the programme in two Y1 classes so that we can measure the impact of delivering Open Parachute alongside our SCARF PSHE lessons versus delivering our current PSHE curriculum alone. This research project will inform wider research across a group of both local and national schools.

Whilst not all children will engage directly with the resources, we are able to offer all families access to the platform, which is laden with high quality and useful resources for families to use with their child/ren. We hope that you will find the resources useful, as feedback from the recent mental health and well-being evening held at CKJS asked for strategies and vocabulary to use when helping young children navigate the world around them and their feelings/emotions. The resources can be accessed [here](#)

As always, we thank you for your continued partnership in raising and educating happy, healthy young people. If you have any questions, please do not hesitate to contact us.

Kind regards  
Mrs James  
Head teacher

Mrs Turner  
PSHE lead

