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20<sup>th</sup> June 2025

Dear Year 6 Families

As you may already be aware, we work in collaboration with The Andover Mental Health Support Team (MHST) to support children with their mental health and wellbeing.

The MHST are an early intervention service that offers 1:1 work with children and their parents; group work; workshops and a whole school approach to support positive mental health and wellbeing.

As part of their work, they will be delivering an assembly to our Year 6 children to give the children strategies to help them manage any worries they may face, with a particular focus on transitioning to secondary school.

The MHST will be delivering the workshop to our Year 6 children next week (week beginning 23<sup>rd</sup> June).

The MHST have also created a parent leaflet which gives strategies that can be used to support a child with their worries (please see the next page).

If you have any questions about this assembly or the work that MHST offer, please speak to your child's class teacher, Miss Bodinham (Mental Health Lead), Mrs Whatley or Mrs Grinham (CSLs).

Kind regards

Miss Bodinham  
SENDSCO and Mental Health Lead



# HOW CAN I HELP MY CHILD WITH THEIR WORRIES?

WHEN MY CHILD COULD CONTROL THE WORRY THEY HAVE:

## Problem Solving

(can be done alone or with support)

1. Write down all the ways you can think of to help solve this worry.
2. Think about which ideas are possible and the most helpful- Rate them!
3. Pick the best solution to try.
4. Plan how you can do this and what (or who) you may need to help you.
5. If this solution does not work, you can go back to the list and try another!

I don't know where my new school is...

I don't have my new school uniform yet...

WHEN MY CHILD CANNOT CONTROL THE WORRY THEY HAVE:



Write the worries down and put them into a worry jar/ box. This helps to let go of the worries. We can also set a designated time to look at the worries and talk them through, seeing if we can solve any.



Write the worries down and crunch up or rip the piece of paper. You can then throw this away, signifying that we are throwing the worries away too.



Draw or write the worries onto balloons. Imagine them floating away or burst the balloon to let go of the worries. You can do this activity virtually on the Childline website [www.childline.org.uk/toolbox/games/balloon/](http://www.childline.org.uk/toolbox/games/balloon/)

Breathing techniques

Self-soothe box

Grounding techniques

Talk to someone we trust