



Nina Preston & Aiveen Smith, HCPC registered psychologists, will be coming into Ripley primary school to provide wellbeing support to the children. They will be delivering a 40 minute workshop to each class on the afternoon of Friday 6th June 2025 as part of the school PHSE provision.

They provide classroom based, well-being workshops where children will be introduced to practical strategies that can promote mental wellness.

Jett (therapy dog) is a trained therapeutic aid, who on occasions attends school wellbeing workshops. Jett will be joining in on the workshops at Ripley, which can promote a calming influence within the sessions. The children and Jett's welfare and safety are paramount; specific measures are in place to ensure everyone's safety. Please inform school if your child is unsure around dogs – permission will be sought from all children on the day before Jett approaches any child.

What the workshop will cover

- This single workshop will focus on our internal human super powers that include; our discoverer, our noticer, our advisor and our valuer, that support our ability to navigate challenge and change. With developing insight into parts of ourselves that can guide us through uncertainty, we start to learn that we have choice and agency in our experiences, building esteem and confidence in facing new things.

Please complete the permissions below and return to the school office by Monday 2nd June 2025.

Equally, if you have any questions about this provision or more generally about the work of Systemisk Psychology Ltd you can contact us directly at info@systemisk.com or visit our website at www.systemisk.com.

Nina and Aiveen

Consent

- I give consent for my child to be involved in this wellbeing support session. As part of this consent I understand that Jett, therapy dog, will be present within the workshop.
- I do not give consent for my child to be involved in this wellbeing support session.

Childs Name..... Class.....

Parents Name.....Signature

Date.....

