*[Date]*

Dear parent(s)/guardian(s),

I am writing to inform you about the exciting new programme that your son/daughter will be participating in this year. The students in [*Name of class/year*] from [*Name of School*] will be taking part in a social and emotional wellbeing programme called **MindOut** which has been developed to support the mental wellbeing of senior level students across the country. This programme was developed by a research team from the National University of Ireland, Galway (NUIG) together with the Health Service Executive (HSE). I have received training to deliver the programme and I believe that MindOut will be well received by the students who participate.

Research shows that social and emotional wellbeing programmes, when delivered well, increase adolescent’s school performance, their social development and their ability to enter into the community and work after school. These types of programmes have also been used to prevent a range of social, emotional and mental health problems for young people.

The MindOut programme consists of 12 weekly sessions each of which explores a new skill for social and emotional development (e.g. coping strategies; expressing and controlling emotions; challenging unhelpful thoughts; problem solving; increasing help-seeking behaviours etc.).

This is a unique opportunity for your son/daughter and we hope they will get to experience the positive impacts from the programme. I would encourage you to ask your son/daughter about the programme and to support them to practice the skills they are learning at home.

If you have any questions or would like some added information to help you support your son or daughter, please feel free to contact me at [*Teacher/Principal/Guidance Counsellor Contact Details*]. For a complete list of the MindOut sessions please see the attached list.

Thank you for your support of this exciting new programme!

Sincerely,

[*Teacher/Principal Names*]

MindOut Programme Sessions

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| **Session Title** | **Session Goal**  |
| **INTRODUCTION SESSION** Minding your Mental Wellbeing | To introduce the MindOut programme and to explore ideas around mental health and wellbeing. |
| **SESSION 1**Boosting Self-Esteem and Confidence | To help students build skills to increase their self-esteem and confidence. |
| **SESSION 2**Dealing with Emotions | To recognise and explore a range of emotions and learn how to manage these effectively. |
| **SESSION 3**Challenging Thoughts | To understand the connection between thoughts, feelings and actions and learn how to challenge unhelpful thoughts. |
| **SESSION 4**Coping with Challenges | To identify a range of helpful coping strategies that can be used to deal with stressful situations. |
| **SESSION 5**Support from Others | To increase awareness of supports and recognise the differences between helpful and unhelpful sources of support. |
| **SESSION 6**Walking in Someone Else’s Shoes | To increase awareness of the thoughts and feelings of others (empathy) and to show compassion. |
| **SESSION 7**Managing Conflict | To practise skills for communicating successfully with others and manage conflict effectively. |
| **SESSION 8**Connecting with Others | To think about their relationships and how they can make successful connections with others. |
| **SESSION 9**Giving and Getting Help | To overcome barriers to help-seeking and to help them learn how to be there for others. |
| **SESSION 10**Making Decisions | To introduce a three-step problem- solving approach and encourage them to use this to make informed responsible decisions. |
| **SESSION 11**Happiness and Wellbeing | To explore practical strategies for happiness and learn how to show gratitude. |
| **SESSION 12**Review | To reflect upon the range of skills they developed throughout the course of the programme. |