



*'Our Best at all Times'*

Headteacher: Mrs Mitzi Nichol

18 April 2024

Dear Parents and Carers

We have recently signed the Y4 children up to take part in a mental health and well-being programme called Cues-Ed.

**What is CUES and who are they?**

CUES is an interactive digital programme aiming to teach primary school children about emotional well-being – including the importance of sleeping well and balancing being active with relaxing, as well as understanding and managing thoughts, feelings, and behaviours.

The programme uses friendly and appealing characters with a mix of video, animation, and whole-class activities. The programme follows the National Curriculum and has been developed by a team of health professionals from the South London and Maudsley NHS Foundation Trust.

**What will the school be doing?**

The class will be working their way through the programme together throughout the summer term. CUES lessons will be in the normal school day, in your child's usual classroom, with their teacher. Children will be encouraged to share and practise their learning with you at home and will each receive a workbook at the end to serve as a reminder of what they have learnt.

At the end of the term, CUES will ask teachers and children how they find the programme – and use this to inform future delivery. This information may be shared in relevant forums, but children and schools will not be identified by name or in any other way.

If you have any questions about this, please speak to your child's class teacher. Alternatively, you can find more information about the CUES journey and their core values on their website [www.cues-ed.co.uk](http://www.cues-ed.co.uk)

Kind regards

Miss M Rooney  
Y4 Lead

