

# Oaklands Junior School

Headteacher - Mrs H West

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Wednesday 7<sup>th</sup> February 2024

Dear Parents/Carers,

As part of Children's Mental Health week, the children have been introduced to Project Soothe this morning in my assembly. This is a project, based at the University of Reading, that aims to promote wellbeing through the use of photographs. It is intended that this initiative will run alongside what we already do in school to support wellbeing, including group and individual Nurture sessions, Educational Psychotherapy and everyday check-ins on the wellbeing of children and adults in our community.

As part of our engagement with this project, we would like our children to bring in a photograph/picture of something that soothes them. Staff have already been invited to take part too. We have the whole of half term to choose a picture which can be small or anything up to A4 size but no bigger.

This could be a view, such as a landscape or cityscape, an object, such as a flower or a musical instrument, or even an animal, whether a pet or wild – whatever helps your child to feel soothed!

The only subject NOT allowed is humans, so please ensure that there are no pictures of family or friends.

If you would like to know more about this project, or to view the extensive gallery they have collected, please follow [this link](#).

We very much look forward to seeing what your child has chosen and would like them to bring in a printed copy of their chosen picture after half term to hand in to their class teacher.

Unfortunately, due to the high costs of printing, we are unable to print out photographs in school. However, if you have any issues printing at home please do let us know.

Kind regards,

Mr D Holland,  
Deputy Headteacher



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