

## Dear Parent/ Carer

Wraysbury School has been chosen, and accepted, to pilot an emotional resilience programme funded by the NHS. The programme is **What Colour is Your Dragon?** and aims to improve students' wellbeing and emotional resilience.

### What is involved?

#### Children and teachers

As a pilot school, your child(ren) will take part in the 8-week programme which will be delivered by Education Mental Health Practitioners in your school once a week for one hour, starting on **Wednesday 5<sup>th</sup> October 2022** alongside their regular class teacher, who will be able to continue the strategies after the 8 weeks.

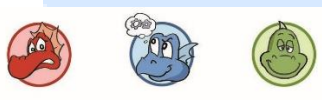
#### DATA collection/ research

As part of the pilot, we will be asking children to complete an anonymous short well-being survey before and after the programme. We will be using year-group attendance data (without identifying individuals) to understand the programme's efficacy. The anonymous data from the survey will be entered electronically into a password-protected system, with no link to individuals, attendance will be aggregated by year group and stored securely in line with UK General Data Protection Regulations. Our research proposal has been reviewed and granted Ethical Approval by the Local Education Authority.

**Please contact Mrs Collins SENDCO if you would like to opt-out of the research – this will not impact your child(ren)'s participation in the programme.** If we **do not** hear from you **by the end Monday 3<sup>rd</sup> October 2022**, we will assume you are happy for your child's anonymous data to be used to measure the effectiveness of the programme and the possible publication of that research. You or your child can choose to withdraw from the research at any stage of the process. This research is intended to improve the impact of the programme in the future.

### Why Dragons?

According to Chinese culture, the dragon figure is a mystical creature representing strength, nobility, courage, and kindness. It can also represent good fortune, higher aspirations, and spirituality. Dragon energy is what "moves us". The three dragons that we use in this programme represent three different motivational systems or emotional states. By learning about them children and adults can have better emotional regulation, mental wealth and relationships with each other. The earlier we learn these skills the better.



The coloured dragons represent our three brain modes and systems of regulating emotion. The red dragon is on the lookout for **threat**; the blue dragon is our **drive** and focus; and the green dragon is what **soothes** and keeps us calm.

#### We all have dragons – parent/carer workshop

We will be offering a **parent/carer workshop on Wednesday 12<sup>th</sup> of October at 3.10 in Miss Preston's classroom** to introduce you to the basic concepts and the language of the Dragons, so that families can also benefit from the strategies and start to use them together at home.

With thanks

**Dunette Griffiths**

(Educational Mental Health Practitioner) Mental Health Support Team