



GREAT HOLLANDS

PRIMARY SCHOOL

Headteacher: Richard Ferris

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3 October 2022

Fantastic FRED Experience

Dear Parents and Carers

As part of our ongoing Personal Development work with our children, all pupils in Years 1-6 will be participating in a free mental health workshop titled the Fantastic FRED Experience.

Launched by the NHS in 2019, Fantastic FRED is specifically designed to inform, equip and build resilience by delivering simple, memorable and practical ways that young children can look after their mental health as well as explaining the link between physical and mental health.

With tailored workshops delivered by a team of trained actors, children will learn the key focuses of:

Food – eating the right foods

Rest – getting enough sleep

Exercise – being active

Devices – managing time on devices

This workshop will be happening Monday 10 October 2022. There is no charge for this engaging and informative workshop. Children will also be given a Fantastic FRED wristband along with a parent take home resource.

Yours sincerely

Mrs L Horne

PSMSC Lead & Year 5 Teacher

Mrs N Watson

Assistant Headteacher, KS2 Phase Leader &
SENCO