

St Levan Primary School  
where all children SHINE...for life

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27<sup>th</sup> March 2024

Dear Families

As part of Children's Mental Health Week, a small number of our Wellbeing Ambassadors were invited to attend a special event in Truro. The event celebrated the launch of a new wellbeing journal in Cornwall to help children better understand their emotions and nurture their wellbeing. Called 'MY BRILLIANT place to be ME!', it has been created by Cornwall Council with help from primary school children across Cornwall. This lovely little book contains a range of activities and information that young people can work through at their own pace, at school, at home or on the move.



The Wellbeing Ambassadors returned from this event with a copy of the journal each to take home. We are very excited that we have been sent additional copies by Headstart Kernow and now have enough for everyone to have one! The journal is full of fun activities like these:



We hope you enjoy your journal and can spend some time this Easter completing some of the activities together. We'd love to see what you get up to and give some feedback to Headstart Kernow. We might ask you to bring your journals into school towards the end of the Summer Term so we can share what we've learned and achieved together.

If you want to know more about the journal, you can visit:  
<https://www.headstartkernow.org.uk/brilliant-me/>

In the meantime, have a very Happy (and restful!) Easter!

From the St Levan Team