

July 2025

To Parents/ Carers,

Emotional Me Programme in Hackpen and Cherhill: update for parents

You will know that Noremarsh Junior School is one of 9 schools in Wiltshire involved in testing a new programme called 'Emotional Me'. This aims to build children and young people's ability to manage their emotions and cope with challenges.

As a parent/carer you are invited to also support the programme at home by trying activities and more information on these activities is included in the attachments on the website and here:

[EMe-Session-1-Parent-Resources.pdf](#)

[EMe-Session-2-Parent-Resources.pdf](#)

[EMe-Session-3-Parent-Resources.pdf](#)

There is a video that summarises what the children have learnt as well as providing a more in-depth explanation to the background theory of the study. It also explains how to use the resources below. If you cannot access the videos or would like more information on the pilot, please let Miss Ferris or Miss Yendley know.

Thank you for your support.

Jess Ferris and Hannah Yendley

Hackpen and Cherhill class teachers