



## School Travel and Public Health Schools

Hove Town Hall  
Norton Road  
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26<sup>th</sup> March 2019

Dear Parent/Carer

Your school will be running a PSHE scheme of work called 'Ways to help you smile' over the next month or so in Red Class. The 'Ways to help you smile' are six tried and tested ways to increase well-being. These lessons will be taught in school once a week.

We are running the project in school as part of our PSHE work with the children on:

- Improving well-being
- Protecting mental health
- Increasing emotional resilience

## What is the 'Smile project'?

The 'Smile project' is based on the '[5 to well-being](#)', which are [five evidence-based](#) things people can build into their daily lives to improve well-being, protect mental health and increase emotional resilience. It is a joint project between the [Public Health Schools](#) and [School Travel](#) teams.

The 'Smile project' has taken the '[5 ways to well-being](#)' translated them into child-friendly language and added a 6<sup>th</sup> way from the Children's foundation research into ways using the 5 ways to wellbeing with children.

'Smile' stands for:

- Speak
- Move
- Imagine and play
- Learn
- Enjoy
- + Help someone else smile!

The 'Smile project' shows how you can do all of these things on journeys you make every day - in particular on your journey to school!

## Why use the 'Ways to help you Smile' with children and young people?

Public Health Schools first started in March 2014, and their support to help pupils build resilience has been the main request from parents and teachers since then. Of the 1 in 10 children affected by a mental health issue at any one time, 70% have not had appropriate interventions at a sufficiently early age ([Mental Health Foundation 2016](#)).

There's good [evidence](#) that four of NEF's five ways - connect, be active, take notice, and keep learning - work for children. Although evidence for the fifth – give – is more mixed, children do benefit from being kind and doing things to help others. Furthermore, there is evidence for another way to wellbeing relating to creativity, imagination and play.

In the coming weeks you and your child will receive a copy of 'The Smile Book' and a set of character cards with some ideas you can try at home.

You will also receive a booklet '6 ways to smile' to help with ideas on how to use the ways to smile with your child. For more information and extra ideas and resources please see [www.brighton-hove.gov.uk/smile-project](http://www.brighton-hove.gov.uk/smile-project).

We will be asking for feedback from parents/carers later this term to see what you think about resources.

Many thanks

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