

Dear Parents/ Caregivers

May I introduce myself for those of you who don't know me. My name is Linnea Maycock and I currently work at Ponsonby Primary as a Learning Support Assistant mostly within the Kakariki syndicate. My qualifications include a Psychology Degree, a Masters Degree in Mental Health and I have recently trained to become an Accredited provider of the 'Cool Kids' programme. I have been invited by the Senior Leadership team to introduce the 'Cool Kids' programme to Ponsonby Primary students.

'Cool Kids' is designed to teach and provide children with the tools and practical skills they need to tackle and manage anxiety. The programme can cater to a whole range of worries (social, school related, separation etc.) and be tailored to suit each child's needs. Topics covered in the program include; learning about anxiety, learning to think realistically, facing fears using stepladders and learning coping skills such as assertiveness or problem solving.

The 'Cool Kids' programme is widely run within Australia and is beginning to gain momentum here in New Zealand. It consists of 10 sessions (approx 1 hour each) run over a minimum of 10 weeks (individual or small group based). Additional parent sessions will also be included to provide the opportunity for parents to learn strategies to support their child through the programme and for discussion around your child's progress. The program is suitable for ages 7-12 and the approximate cost per student will be \$45. This includes a child workbook, parent workbook, my facilitation of the program and regular feedback to parents. The 'Cool Kids' programme will be based at Ponsonby Primary school and run as a before/ after school activity.

If this sounds like it would be beneficial for your child and family please contact me for further information:

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Many thanks

Linnea Maycock

Accredited Cool Kids Provider

BSc Psychology

MSc Mental Health & Clinical Psychology