



Temple Meadow  
Primary School  
Growing together, learning together  
Our Ref: BD/CH

## Temple Meadow Primary School

Wrights Lane  
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Temple Meadow Primary School

Friday 12<sup>th</sup> December 2025

### Mood Master Sessions

Dear Families,

We are delighted to be hosting *Mood Master* sessions for parents again in the new year. Families who have attended previously have spoken very highly of these sessions and found them extremely helpful.

Come along for a cuppa and a friendly chat in an informal, supportive environment.

#### Session dates:

Tuesday 13th January 2026 – Tuesday 10th February 2026

Time: 1:40 pm – 3:10 pm

## Mood Masters

Is life losing its sparkle? MoodMaster can help!

This course is designed to help you find the tools to make your life more enjoyable

#### What is mood masters?

Mood Master provides weekly sessions lasting an hour or so, in which you can hear really good information about emotional and physical health to help you deal with troublesome emotions such as worry and stress.

Mood Master is an upbeat approach to physical and emotional well being.

#### We will cover topics including:

- Understanding your emotions
- Problem solving
- Eating well
- Resolving conflict and gaining support
- Dealing with stressful situations



If you would like to join us, please email [tm.admin@meadow.sandwell.sch.uk](mailto:tm.admin@meadow.sandwell.sch.uk) to let us know.

Yours sincerely,

*ReDale*

Miss Dale  
Deputy Headteacher

