

Water Primary School

Happiness, Health & Opportunity

Burnley Road East
Water, Rossendale
BB4 9PX
Tel: 01706 216 414
Fax: 01706 218 637
Email: enquiries@water.lancs.sch.uk
Website – www.water.lancs.sch.uk

Headteacher: Miss E. McKay

Dear Families

Moodtracker App

I am writing to share some important information about an initiative we have implemented at our school to support our children's mental health – the Moodtracker app.

Moodtracker is a digital resource designed to aid our teachers and students in addressing issues such as anxiety, low self-esteem, and depression. By fostering an environment that encourages emotional expression, we aim to promote the overall wellbeing of our pupils. The app allows children to express their feelings and moods twice daily, enabling teachers to monitor emotional trends effectively.

Here are some key benefits of the Moodtracker app:

1. **Enhanced Vocabulary:** Moodtracker not only offers various mood synonyms but also allows children to personalise their emotional vocabulary.
2. **Part of Daily Routine:** As your child enters the classroom each day, they will follow their usual routine of hanging up their bags and coats. The Moodtracker unit is placed in an area, integrating smoothly into their daily activities. This encourages them to engage with it each day.
3. **Understanding Feelings:** One of the significant advantages of using Moodtracker is its ability to help us understand the root causes of our children's feelings. By monitoring their moods closely, we can differentiate between issues that may arise at school and those that are influenced by home dynamics. This insight allows us to address problems more effectively and provide the necessary support.

We believe that with the help of the Moodtracker app, we can create a more supportive environment for our children, enabling them to thrive both academically and emotionally.

Should you have any questions or require further information about the app, please feel free to contact us.

Kind Regards
Miss Launder - PSHE Lead

