



Sacred Heart Catholic Primary School and Nursery
Headteacher Mr C Beazeley
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Wednesday 3rd June 2025

Dear Parents/Carers

The Anchor Department at Mid-South Essex NHS Foundation Trust have an exciting new project called 'Dr Me' which they will be delivering the session to Sacred Heart Catholic Primary School on Tuesday 24th June.

Dr Me is an award winning, innovative health promotion and widening participation programme which aims to encourage children to become more aware of their own health and provide a basic understanding of the management of common childhood illnesses, whilst also inspiring children into healthcare careers. There will be three workshops as follows :

- Minor Head and Injuries
- Sore throat and fever
- Vomiting and Diarrhoea

The concept is engaging and will teach children basic healthcare through fun activities and interactive workshops and to empower them to safely look after their own health needs.

Yours Sincerely

Mrs E Crabb
Deputy Head Teacher



What is Dr. Me?

Dr. Me is an awarding-winning health promotion project which aims to encourage children to become more aware of their own health and provide a basic understanding of the management of common childhood illnesses, whilst also making medicine fun and interactive.

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