

# St Matthew Academy

St Joseph's Vale, Blackheath, London SE3 0XX

Headteacher: Ms Miranda Baldwin

Head of Primary: Ms Joanna Chick



25<sup>th</sup> March 2024

Dear Parents and Carers

## RE: Your Invitation to the My Emotions and Me Over Time (MEMO) Study

St Matthew Academy is participating in an exciting new research project called [My Emotions and Me Over Time \(MEMO\)](#), part of a wider programme, [Regulating Emotions - Strengthening Adolescent Resilience \(RE-STAR\)](#) ☆.

The study is being led by a group of researchers at King's College London in partnership with [Place2Be](#). The goal of the project is to find ways to improve adolescent mental health – something we continuously support here at St Matthew Academy.

We started the project with Year 8 pupils and have found it to be valuable to the school and the research project. The research team would now like to invite Year 9 and Year 10 pupils and parents/guardians to take part in MEMO! This study will involve completing online questionnaires over the course of a year.

**You and your child will both receive a £10 e-voucher for every questionnaire completed. As a bonus, parents/guardians will get an additional £10 e-voucher for signing up and completing the first questionnaire.**

Over the course of the year, parents/guardians could receive up to £60 in e-vouchers, and young people up to £75 in e-vouchers. To find out how to take part, [click here](#) or copy/paste the URL link: [https://qualtrics.kcl.ac.uk/jfe/form/SV\\_0k5WXPPhrZIMzn3E](https://qualtrics.kcl.ac.uk/jfe/form/SV_0k5WXPPhrZIMzn3E)

If you have a question for the MEMO team, email [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk).

Yours faithfully

Mr H Vyas  
SENCo

RE-STAR  
Regulating Emotions - Strengthening Adolescent Resilience

KING'S College LONDON

## My Emotions & Me Over Time

Calling students\* and parents at St Matthew Academy.

Are you interested in a study looking at changes in emotions over one year?

Sign up to our online study!

Students earn up to £75 in e-vouchers!  
Parents earn up to £60 in e-vouchers!

\*Years 8-10

Parents/carers scan the QR code or email [re-starinfo@kcl.ac.uk](mailto:re-starinfo@kcl.ac.uk) to take part!

...and so much more!