

15 July 2019

Dear Parents/Carers

Wellbeing events for parents 2019-20

With issues around the mental health of young people constantly in the news, you may wonder what you can do to support your children with their emotional wellbeing.

Next term we will be launching our wellbeing strategy for the school and part of this is a programme of wellbeing information events for parents and carers. The aim of these is to help you understand some of the issues around emotional wellbeing and also to give you some practical strategies to support your child at home. Dates and time are below.

All events will run from 4pm to 5pm.

| | Date | Theme | Venue |
|-------------------|------------------------|--------------------|-----------------------|
| Wellbeing event 1 | Oct 3 rd | Stress and anxiety | To be confirmed (TBC) |
| Wellbeing event 2 | Nov 26 th | | TBC |
| Wellbeing event 3 | Jan 16 th | | TBC |
| Wellbeing Event 4 | Feb 11 th | | TBC |
| Wellbeing Event 5 | March 19 th | | TBC |
| Wellbeing Event 6 | May 21 st | | TBC |
| Wellbeing Event 7 | June 25 th | | TBC |

Possible themes for the remaining sessions include exam anxiety, self-esteem, the teenage brain and building resilience in young people. There will also be opportunities for input into our school wellbeing work through the creation of a wellbeing focus group – information to follow at the first event in October.

We hope that this early notification will enable interested parents/carers to attend.

Kind regards,



Mrs S Barnes
Senior Deputy Headteacher Character and Culture