

Dear Parents and Carers,

We are pleased to inform you that we have arranged a parent workshop focused on children's mental health and wellbeing, which you are warmly invited to attend.

Date: Thursday 30th April 2026

Time: 8.40am (straight after school drop-off)

Location: Please come to the school office, where you will be directed to the session

The workshop will be led by Alex, our link practitioner from Reflexions, a local mental health service that works closely with children, families and schools.

During the session, Alex will talk through:

- What mental health is and what it can look like in children
- How parents and carers can support their child's mental health and emotional wellbeing
- How parents can also look after their own mental health
- Information about the Reflexions service and how it can offer support when needed

This workshop will be informal, supportive and informative, with opportunities to ask questions and find out more about the support available to families. We hope this session will be helpful and reassuring, and we would encourage parents and carers to attend wherever possible.

If you have any questions about the workshop, please do not hesitate to contact the school office.

Please confirm your attendance via **ParentPay**. We look forward to seeing many of you there.

Kind regards,

Mrs Willelts

Assistant Headteacher for Inclusion including Mental Health Lead

