



*'Spurring each other on with love'*

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Headteacher: Mrs Tameka Hue Hamilton

13 January 2025

Dear Parents and Carers,

Join our Mental Health Support Session on Thursday 30<sup>th</sup> January!

We are delighted to invite you to a special mental health support session taking place at school on **Thursday 30<sup>th</sup> January**.

The workshop will be led by **Normal Magic**, a team of child and young people's mental health nurses dedicated to helping families explore practical ways to enhance mental wellbeing.

This one-hour session will run from 15.30 - 16.30 pm and focus on strategies to support young children and their mental health (including anxiety). To make it easier for you to attend, Foundation Stage - Year Six children will be supervised by a teacher whilst you are in the session.

We encourage all parents and carers to take part in this valuable session. Supporting children's mental health is a shared journey and we are thrilled to provide this opportunity for our school community. So that we can make arrangements for supervising the children, please complete the form via the link below if you would like to attend:

<https://forms.office.com/Pages/ResponsePage.aspx?id=3r6EGB3scEmlpaP5qPi6sKIKDQ9hsPIMs0wVShxcAf8xdJMIFEUVBQTIYINDQ3VDdZMVNRWFVHSVJLSy4w>

We look forward to seeing you there!

Yours sincerely,

Miss P Gayatao

Mental Health Lead

