



'Spurring each other on with love'

School Drive, Woolwell, Plymouth PL6 7JW

☎: 01752 301837 Email: admin@bickleighdown.devon.sch.uk

Headteacher: Mrs Tameka Hue Hamilton

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Dear Parents and Carers,

We are delighted to inform you that we are now part of the Plymouth Mental Health Support Team (MHST) in schools' programme. The MHST aims to support schools in embedding a whole school approach to positive emotional health and wellbeing. It also offers support for parents, workshops for classes and groups and we can refer individual children for support.

We are pleased to let you know that we have arranged a **Worry Management Talk for Parents** on **Friday 16th October, from 2:30pm to 3:15pm.**

The session will provide an opportunity to explore ways we can support children with worries and anxiety, both at home and in school. It will focus on practical strategies that can help children understand and manage their worries and build their confidence.

We hope that this will be a useful opportunity for parents and carers to gain ideas and strategies that can be used at home.

Date: Friday 16th October

Time: 2:30pm–3:15pm

Where: St Barnabas Hall

Please sign up using the form below.

[Worry Management Talk for Parents 16/10/2026 – Fill out form](#)

We look forward to seeing you there.

Kind regards,

JBright

Jenny Bright
SENCO

