



31st January 2023

Dear Parents/Carers,

As a Mental Health Trailblazer school, we benefit from having a Mental Health Practitioner: Ame Bannister, connected to our school. Ame supports us in action planning to ensure our children's mental health is a priority. This involves training for the staff, conducting audits and questionnaires and providing specialist interventions to support children.

I am pleased to announce that Ame will be running two workshops for parents over the coming weeks and I invite you to come along.

- Thursday 9th February at 9am - **Wellbeing Drop-in**, with coffee and cake. An informal session to discuss the support and advice the Mental Health in Schools Team can offer pupils and their parents.
- Friday 3rd March at 2.15pm - **Understanding Anxiety in Primary Age Pupils**. A 1 hour workshop with ideas on how to support your child.

I do hope these sessions will be well-supported, being open about mental health and talking about it are the first steps in making a difference. Please note that no booking is required for either of these sessions.

We will also be running a special Mental Health Week for all children starting Monday 6th February.

Kind regards
David Johnson