

Supporting your child's Emotional Wellbeing

Parent Workshop.

Tuesday 5th October 2021 2.00pm - 3.00pm



Dear Parent/Guardians,

We are holding a Wellbeing Week in school, week commencing Monday 4th October 2021.

All children and staff will benefit from visits from different organisations, supporting and promoting their emotional wellbeing, see below:

FS - Mud Pie Arts. KS1 - York Theatre Royal.

LKS2 - Bart Gee - Breaking Limits. UKS2 - Charlie Waller Trust.

As part of the week we have asked the Charlie Waller Trust to hold a workshop for parents to look at the following:

- **Supporting your child to thrive**
- **Tips to support your child's emotional wellbeing**
- **What do we mean by emotional wellbeing?**
- **Support strategies and resources and the importance of self-care**

If you are interested in attending the Emotional Wellbeing workshop please can you return the slip below by Monday 27th September 2021.

This will be held in the main hall and refreshments will be provided.

Thank you

Angela Dearlove

Pastoral Lead

Emotional Wellbeing Workshop - Reply Slip

Please return by Monday 27th September

I am interested in attending the Emotional Wellbeing Workshop for parents on Tuesday 5th October 2021 2.00pm -3.00pm.

What year group is your child in.....

How many adults attending.....

Signed..... Date.....