



27 March 2024

Dear Families

### **Ways to Wellbeing Workshop**

Following the success of last year's workshop, we would like to offer families a fantastic opportunity to take part in the 'Ways to Wellbeing' workshop that is being ran by Action for Children North East. The workshops aim to provide learning opportunities for Parents and Carers, to help you understand and better manage your child's Mental and Emotional Wellbeing. The offer includes information, tools, resources and signposting support for anyone wanting to learn more about their child's brain development and how to differentiate this from a concern about their mental or emotional wellbeing.

The highly skilled, approachable professionals delivering the Ways to Wellbeing programme, provide advice and useful strategies around many of the areas that we can all relate to at some point during parenthood. Together we look at brain development, communication and conflict, anxiety and depression, school avoidance, inclusion, mental health, emotional wellbeing and self-care. The sessions have a very relaxed approach with refreshments available throughout and the overall emphasis being on your wellbeing as a parent.

This workshop will focus on Wellbeing and Self Care. The workshop is on **Tuesday 23 April from 9am-10am**.

There are no thresholds for participating, and no intrusive questions. All learners will be asked to complete a simple enrolment form on the day of training, and will receive a certificate of participation at the end.

If you would like to attend the workshop, please contact the school office via telephone or email.

Yours sincerely

*K Binney*

Mrs Binney  
Deputy Headteacher