



5 June 2024

Dear Families

Ways to Wellbeing Workshop – Rescheduled Workshop

Due to last minute staff illness, the *Brain Development* workshop was postponed. The new date for this workshop is **Tuesday 25 June from 9am-10am.**

The Ways to Wellbeing 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.

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