

LARCHWOOD PRIMARY SCHOOL



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Headteacher: Mr.S.Bowsher

27th February 2024

Emotional Wellbeing Workshops for pupils and parents

Dear Parent / Carer,

Following on from children's mental health week, we are pleased to announce that we will be running a programme of emotional wellbeing workshops for all pupils next week.

These workshops will be provided by the charity heads2minds who have worked with our school for a number of years. Information about them can be found here <https://www.heads2minds.co.uk>

Topics to be covered include:

- Anxiety / Worry
- Stress
- Anger
- Low Mood
- Confidence
- Neurodiversity
- Relationships

We would like to offer parents the opportunity to come in for a parent workshop to develop knowledge and understanding of mental health and wellbeing, how to manage emotions and skills to help children.

These workshops will be held in the school hall. Please enter through the main office. If you have children in different year groups you do not need to attend more than one session.

Date	Time	Parents of children in years
Tuesday 5 th March	2:00pm	3, 4, 5 and 6
Wednesday 6 th March	2:00pm	Reception, 1 and 2

We look forward to seeing as many of you there as possible.

Mrs D Jaycock
Deputy Headteacher

