

Springfield Community Primary School Castlewood Road, London N16 6DH

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Executive Principal: Sian Davies Headteacher: Anna Case



Wednesday 16th June 2021

### Invitation to our next virtual Wellbeing Parent 'Catch-Up'.

Dear Parents/Carers,

You are warmly invited to our Virtual Wellbeing Coffee 'Catch-Up' next **Tuesday, 22<sup>nd</sup> June from 2 -3pm**. We will be joined by our CAMHS Worker in school, Dr Natalie Bailey.

This session will aim to give parents some understanding of the **Zones of Regulation and Emotion Coaching** with a view to supporting children's behaviour and wellbeing at home. As you will have read in our school newsletters, these are strategies we use in school following the CAMHS Mental Health incentive as a positive way forward to encourage our children to be more resilient.

Children achieve well at school when the family takes an interest in what is happening at school. Getting involved in your child's education, even in the simplest way, shows that you care. The more a child feels supported at home, the more effectively they will learn at school. It is never too late to start helping your child problem solve towards positive outcomes. This can enable your child to reach for greater goals and inspire them to become the best they can be. Self-Regulation is the ability to remain calm, cope with emotions and respond appropriately to our environment. Research shows that if children are supported over time to achieve in this area, they develop greater resilience in adapting to life's challenges.

If you wish to join us, please send an email request to [admin@springfield.hackney.sch.uk](mailto:admin@springfield.hackney.sch.uk) and a virtual invite will be sent to your email. Alternatively, complete the slip below and hand to the office or class teacher.

Warmest wishes,

Mel Lines/Dr Natalie Bailey (CAMHS Worker) Anna Case (Head Teacher)

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I am interested in attending the Wellbeing Coffee 'Catch-Up' on Tuesday, 22<sup>nd</sup> June from 2 – 3pm.

My email address for receiving the virtual invite is: \_\_\_\_\_