



Monday 13<sup>th</sup> November 2023

Dear Parents and Carers,

We are excited to share an opportunity to work in partnership to support our children's wellbeing. Starting next week on **Tuesday 21<sup>st</sup> November**, we are running a three-part series of **Strengthening Skills and Building Confidence** workshops, responsive to the needs of children and families in our community. The sessions will run from **9am – 10.30am** in the Community Room. Please feel free to attend all or some of the session – there is flexibility to drop in if you are unable to attend for the full duration. As a proudly inclusive school, we have ensured that each session is relevant and applicable to all families of children of all ages, including children with Special Educational or Emotional Needs.

We recognise that the emotional, behavioural, and life skills our children acquire today lay the foundation for their future success and well-being and value the opportunity to work in partnership with you.

### Upcoming sessions

Session 1 – Autumn Term <b>Tuesday 21st November</b>	Strengthening Skills and Building Confidence: <b>Regulating your Child's Emotions</b>
Session 2 – Spring Term (before February half-term)	Strengthening Skills and Building Confidence: <b>Managing Children's Behaviours that Challenge</b>
Session 3 – Summer Term	Strengthening Skills and Building Confidence: <b>Pathways to Parental Well-being</b>

Our aim is to empower you with tools and strategies that will enable you to support your child's journey in understanding their emotions, navigating their behaviours, and mastering essential life skills. Our children look up to us, learning not just from our words, but our actions. Through these workshops, we will come together to share, learn, and grow, ensuring that we are giving our children the best support possible. Together, we will create an environment where they can flourish with confidence, resilience, and empathy.

We hope as many families as possible can join us in this valuable journey. Your involvement will make all the difference, not just in your child's academic year, but also in their lifelong journey of discovery and growth. We look forward to embracing challenges, celebrating milestones, and forging a brighter, more confident future for our children.

Warmest regards

Dr Natalie Bailey (Counselling Psychologist/CAMHS Worker in Schools)

Sadia Anwar (SENDCo and Mental Health Lead)

