

27 January 2021

Dear Parents

Re: Mental health workshop with Karen Ayres and Colin Williams

Wednesday 3 February 2021

On Wednesday 3 February at 10am, Karen Ayres and Colin Williams will be running this Workshop for parents to explore resources and strategies to boost mental health support for their child, encouraging them to talk more confidently about the anxieties and concerns they feel as a result of the coronavirus pandemic.

The workshop will explore the following areas:

- Exploration of resources and strategies to help children's wellbeing and mental health.
- Spotting signs of children struggling with mental health and how to support them.
- Links to Children's Mental Health Awareness Week and the theme: 'Express Yourself'.
- Challenge of lockdown and how a simple daily routine might be constructed to support learning, wellbeing and balance.
- Sharing issues/ideas and finding solutions together.

The workshop will be accessible by parents via this Zoom link:

<https://zoom.us/j/91315518833?pwd=QStLZGJRaXJHaDJTMmV5aDAxdEdxdz09>

Please log in just before 10am on 3 February. You don't need to have Zoom downloaded, as you can just log in using the link. Please note the following:

- You will be muted once you are in by the host, but will have the opportunity to be unmuted later in the meeting as appropriate.
- As last time, there will be the opportunity at the end of the session for you to ask and receive answers to any questions you may have in this area. You can contribute questions once unmuted by the host. The chat function can also be used.
- Be mindful that your background is appropriate if you are having your video switched on, without personal photographs etc and ensure your children are not present, either deliberately or inadvertently!
- We will be continuing to hold workshops in this virtual way for the remainder of the Spring term at least. We hope very much that this session will be useful for you in support of your child/children at this time.

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Thank you for your commitment and engagement to support your children in continuing difficult circumstances.

Karen Ayres

Assistant Headteacher for Inclusion