

27 January 2022

Dear Parents

Re: Mental health workshop with Karen Ayres and Rebecca Neale: Tuesday 8 February 2022

On Tuesday 8 February at 9:30 am, Karen Ayres and Rebecca Neale 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: 'Grow together'.
- 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:

Mental Health workshop details	Zoom link to join
Tuesday, 8 February 9:30am All welcome	Join Zoom https://us06web.zoom.us/j/87004040579?pwd=d1BsS1VnS0ozbIRINTZTc05CV1hBUT09 Meeting ID: 870 0404 0579 Passcode: 370454

Please log in just before 9:30am 8 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.

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

Karen Ayres

Assistant Headteacher for Inclusion