



St. John's CE Primary School

Growing and learning together
Sharing the love of God

Headteacher: **Amanda Aze**
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16th January 2023

Dear Parents/Carers,

Parent Workshop – Supporting your child with anxiety or worry – Thursday 26th January

We are pleased to be able to invite you to a parent workshop led by the Mental Health Support Team in Schools on Thursday 26th January, 2-3pm at St John's.

This session is available for parent/carers who are looking to understand and support their child with anxiety or worries. The sessions covers theory around anxiety in young people, potential triggers and maintenance factors, and key strategies to support your child with managing worries. It also explores parental wellbeing and the importance of this when supporting children.

Please complete the reply slip below and return to the school office by Tuesday 24th January.

We look forward to seeing there!

Yours sincerely,

Amanda Aze
Headteacher



Parent Workshop – Supporting your child with anxiety or worry complete the reply slip below and return to the school office by Tuesday 24th January.

Child's Name _____

[] Yes I/We would like to attend the Parent Workshop – Supporting your child with anxiety or worry. Please reserve ____ seats.

[] No I/We will not be attending the Parent Workshop – Supporting your child with anxiety or worry.

Signed _____

Date _____

Print _____



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Academy Trust
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