



# St. John's CE Primary School

Growing and learning together  
Sharing the love of God

Headteacher: **Amanda Aze**  
Chair of Local Advisory Board: **Vivien Sloan**

Coombe Avenue, Weymouth, Dorset, DT4 7TP  
Email: [office@stjohnswey.dsat.org.uk](mailto:office@stjohnswey.dsat.org.uk)  
Website: [www.stjohns.dsat.org.uk](http://www.stjohns.dsat.org.uk)  
Tel: 01305 785711

5<sup>th</sup> January 2024

Dear Parents/Carers,

## **MHST Parent Workshop – Supporting your child with Sleep Difficulties**

We are pleased to be able to invite you to a parent workshop led by the Mental Health Support Team in Schools. The workshop will take place over 2 sessions on Thursday 18<sup>th</sup> & Thursday 25<sup>th</sup> January, 2-3pm at St John's.

These sessions are available for parents/carers who are looking to understand and support their child who experiences difficulties around sleep. This includes struggling with a sleep routine, difficulties falling or staying asleep, and worries around night-time.

Please complete the reply slip below and return to the school office by Tuesday 16<sup>th</sup> January.

We look forward to seeing there!

Yours sincerely,

Amanda Aze  
Headteacher



**MHST Parent Workshop – Supporting your child with Sleep Difficulties.** *Please complete the reply slip below and return to the school office by Tuesday 16<sup>th</sup> January.*

**Child's Name** \_\_\_\_\_

☐ Yes I/We would like to attend the Parent Workshop – Supporting your child with Sleep Difficulties  
Please reserve \_\_\_\_ seats.

☐ No I/We will not be attending the Parent Workshop – Supporting your child with Sleep Difficulties.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Print \_\_\_\_\_



Diocese of Salisbury  
Academy Trust  
*'Beyond expectations for all of God's children'*