



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**

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8th October 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 on Wednesday 23rd October, 4-5.30pm at St John's.

This session is 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 Monday 21st October.

We look forward to seeing there!

Yours sincerely,

Amanda Aze
Headteacher

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MHST Parent Workshop – Supporting your child with Sleep Difficulties. *Please complete the reply slip below and return to the school office by Monday 21st October.*

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 _____



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Academy Trust
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