



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
Website: www.stjohns.dsat.org.uk
Tel: 01305 785711

10th November 2023

Dear Parents/Carers,

MHST Parent Workshop – Supporting your child with anxiety or worry

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 Monday 20th & Monday 27th November, 2-3pm at St John's.

These sessions are available for parents/carers who are looking to understand and support their child with anxiety or worries. The sessions cover 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 Friday 17th November.

We look forward to seeing there!

Yours sincerely,

Amanda Aze
Headteacher



MHST Parent Workshop – Supporting your child with anxiety or worry. *Please complete the reply slip below and return to the school office by Friday 17th November.*

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 _____



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