



## Grand Avenue Primary & Nursery School

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Tuesday, 19<sup>th</sup> September 2023

Dear Parents/Carers

We are pleased to share with you details of "Helping children with ....." a series of webinars, the Mental Health Support Team (MHST) are offering to primary school parents this academic year. There are 6 different topics that are offered (worries, resilience, friendships, challenging behaviours, screen time and sleep).

Below is a link to the overall flier with all webinar titles and dates for the year and also individual fliers for the first two upcoming webinars:

### Helping Children Series summary flyer:

<https://docs.google.com/document/d/1tnvk0EIGXwEbGSplzyiPWzc1EsZsA-2OJZfw4V6c01Q/edit>

### Helping Children with... Worries:

<https://docs.google.com/document/d/1SeuSwxqRGfVObbXXKw2Eh7yi8xXdGrP1eM-gSsoghC4/edit>

### Helping Children with... Resilience

<https://docs.google.com/document/d/1sCHvAORkAH4i0cQ2kYNSeErfFqp0IxEIMf6ndS3aQLA/edit>

As we draw closer to the other dates we will send you links and fliers for those webinars.

The MHST ask that you sign up as soon as possible if you would like a place.

Best Wishes

*Jane Pidduck*

*Senior HLTA, Advisory Assistant for Inclusion, Grand Avenue Primary and Nursery School*



*Enjoying Learning - Exceeding Expectations*