



Grand Avenue Primary & Nursery School

Grand Avenue
 Surbiton
 Surrey
 KT5 9HU

Tel: 020 8399 5344

Email: office@grandavenue.kingston.sch.uk

Web: www.grandavenue.kingston.sch.uk

Wednesday, 29th November 2023

Dear Parent / Carer

Nursery and Reception Parent Workshop – Wednesday 13th December 1.45pm

The Mental Health Support Team will be visiting school to deliver a parent workshop on the subject of separation anxiety.

Proposed Event	Where	Meeting Room, Grand Avenue Primary and Nursery School
	Time	1.45pm – 3pm
	When	Wednesday 13 th December
Information	<ul style="list-style-type: none"> - Tips on how to support your child with changes to their routines and transitions - Advice on how to support your child if they find it difficult to leave you - Information and strategies to support your child separating from you happily and ready for school - This workshop aims to help you support your child with worries they might have about separation at school drop off and look to identify any maintaining factors that may be keeping them going. We will then provide strategies and advice around tackling these behaviours to reduce separation anxiety. - In addition to the workshop for parents, the children will also receive a class workshop during which we will explore the theme of separation. This will be explored through the story 'The Owl Babies' by Martin Waddell. - These workshops will be run by the Mental Health Support Team (MHST) who are an early intervention, multi-disciplinary team of clinical specialists, mental health clinicians and emotional wellbeing practitioners (EWP) who provide mental health support to children, young people, families/carers and staff in school settings, within Kingston and Richmond. The teams are delivered by Achieving for Children as part of our Emotional Health Service. - Time to ask questions 	
Action	If you plan on attending this workshop, please sign up using the following link: Please click here to sign up	

If you have any questions regarding this workshop please do not hesitate to ask.

Ms Hempston
 Assistant Headteacher



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