



Grand Avenue Primary & Nursery School

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Tuesday, 11th March 2025

Dear Parents/Carers,

Thank you for taking the time to complete the questionnaire about our coffee mornings focused on supporting your child's mental health and wellbeing. Based on your feedback, the key areas where you would like more support are emotional regulation, friendships, anxiety and resilience.

We are pleased to announce that Gada, our Education Wellbeing Practitioner (EWP), will be delivering three informative sessions over the coming weeks:

📅 **26th March | 9:00 – 10:30 AM** – Emotional Regulation

📅 **7th May | 9:00 – 10:30 AM** – Friendships

📅 **4th June | 9:00 – 10:30 AM** – Resilience & Anxiety

If you would like to attend one or more of these sessions [please register using this link](#). All sessions will be held in school.

If you would like any further information, please contact Jane Pidduck via the school office.

We look forward to seeing you there!

Best Wishes,

Mrs Jane Pidduck
Mental Health Lead



Enjoying Learning - Exceeding Expectations