



All Saints' CE (VA) Junior and Infant School
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Wednesday 24 February 2021

Re: Thursday 4th March Anxiety Parent/Carer Workshop

Dear Parents and Carers,

You may remember a previous session I organised with an Educational Psychologist about supporting children during lockdown and in explaining about coronavirus at an age-appropriate level.

I have organised another workshop for parents and carers about anxiety. It will cover practical advice, techniques and strategies to support dealing with worry, anxiety and stress, in both a COVID-19 context and beyond. It will also focus on understanding anxiety and where it stems from.

The session - on **Thursday 4th March at 4pm** - will be led by Calderdale's Mental Health Support Team, a new, local initiative with which All Saints' is part of.

To join the meeting, please see the details below:

Zoom Meeting:

<https://zoom.us/j/7391458044?pwd=OWhRemRGZjFUZDFsUlpjNStTMjZJZz09>

Meeting ID: 739 145 8044

Passcode: 4kKAuM

I hope that the workshop will be beneficial to all who attend, as we continue to have the mental health and wellbeing of children as a top priority at school.

All the best,

Jamie Stuttard

