



Dear Parents and Carers,

I do hope this letter finds you well after what has been a challenging year both for our school community and the wider world. As schools prepare to return on 8th March, we are offering a workshop based around supporting children who are feeling anxious about the pandemic or the forthcoming return to school. The workshop will be run by Kirsty Longbottom, a child and adolescent mental health specialist and will focus on general anxiety along with some strategies to help children cope with these feelings. The session will be approximately an hour long with thirty minutes of presentation and then thirty minutes for any questions you might have. I would ask that any questions are generalised rather than specific about the history and presentation of any individual children.

We are offering two workshop times on Wednesday 3rd of March, both delivered by Zoom. You are free to join alone or with your children and wider family and you can turn off your camera if you would like to remain anonymous. The first session will be at 2pm and the second at 6pm. Should you wish to join either session, the details are below.

In the meantime and as we plan our return to school please remember that we are in this together and that we are here to answer any of your questions and offer whatever support we can. Please contact your child's Year Manager initially and they can direct you to other staff members as required.

I look forward to seeing you soon,

Mrs J George

Meeting joining details:

Wednesday 3rd March, 2pm Meeting

Join Zoom Meeting

<https://zoom.us/j/99842988364?pwd=dFRDek5BODBDUUV4SnptN1I1eEkyZz09>

Meeting ID: 998 4298 8364

Passcode: 403837

Wednesday 3rd March, 6pm meeting

Join Zoom Meeting

<https://zoom.us/j/98279289674?pwd=bzJhY01SNGFVQk9PTVZ4ZDhEYVAvZz09>

Meeting ID: 982 7928 9674

Passcode: 788317