

Friday 29 April 2022

Dear Parents

Re: Anxiety in young children parent workshop: Thursday 12 May 2022

On **Thursday 12 May at 9am**, Jacqui Summers will be running this workshop for parents and it is designed to support parents to manage anxiety in their children on a range of issues. You will also have the opportunity to hear about and share strategies which can support you and your children in this respect.

The workshop will explore the following areas:

- What is anxiety?
- Signs of anxiety
- When does anxiety become an issue?
- What can be done to reduce anxiety?

Parents attending the workshop should drop their child off as usual and then make their way to the round hall (by the main entrance).

Thank you for your continued support.

Best wishes

Rebecca Neale
Deputy Headteacher