



PARK HILL PRIMARY SCHOOL

LOWER EASTERN GREEN LANE, COVENTRY - CV5 7LR
TEL: 024 7646 6669 - EMAIL: adminstaff@parkhill.coventry.sch.uk
School website: www.parkhillprimaryschool.co.uk
Headteacher: Mr P Griffin

RE: Anxiety Parent Workshop

Dear Parent/Carer,

During the summer term, we have been lucky enough to be chosen as one of seven schools across the city to take part in the Primary Mental Health Service (Coventry) Enhanced Project. The service are an NHS and Mind service, part of Rise, run as a service to offer training and support to schools.

As part of this project, the team will be running workshops and training sessions and we have asked them to run a workshop aimed specifically at managing anxiety in children and young people.

This workshop is for parents or carers to attend and we felt that with transitions into new year groups coming up this would be the right time to offer this out to you. The team are able to offer advice and strategies to help support children when dealing with stress and anxiety and look into the causes of some of the behaviours which go alongside these feelings. For many children, anxiety is likely to be something they may experience at some point in their life, whether temporarily or longer term, and our hope is that this workshop will help to provide strategies to help you feel empowered in helping them to cope with these emotions.

The workshop will take place on **Thursday 13th June 2019 at 8:45am** and will last approximately **1 hour**, though Annie from the team will be available if you have any questions for 15 minutes afterwards.

This is the only opportunity we have to access this service and we would like to make sure we use this as successfully as possible. It is such a worthwhile session to attend and we would love to see you there!

If you are able to attend please scan the QR code below using your smart devices camera or click on it if accessing from a mobile or tablet and let us know how many people to expect to give us an indication of numbers.

Looking forward to seeing you there!

Vikki King
Inclusion and Additional Needs Leader
Park Hill Primary School

