



01 February 2023

Dear parents/carers

**Parent workshop – Understanding & Supporting Low Mood**

In partnership with Open Minds (CAMHS), we are offering all parents/carers the chance to attend a free workshop session that will help you to understand and support your child if they are struggling with low mood.

This will be held on **Tuesday 7 February at 5pm.**

You can choose to receive the Zoom link and attend the session from the comfort of your own home, or you are welcome to join us in school. Miss Tetley and Mr Brown will be in attendance to support you if required, and your child/children will be looked after separately with some fun activities whilst you take part in the workshop.

If you are interested in attending this session please register your interest via the following link <https://forms.office.com/e/5LnSWL9WsT> . Alternatively you can let the school office know directly by providing your name and email address. If you would like to attend please inform us no later than Friday 3 February 2023.

Once your participation is confirmed Miss Tetley can forward you any details you require, or the Zoom link that is needed to attend the session via email if choose to participate online.

If you have any queries, please do not hesitate to contact us.

As always, thank you for your support.

Mr. M Brown

Principal