

15th March 2019

RE: Supporting your Child with Worry/Anxiety

Dear Parent,

I am writing to inform you that on **Thursday 21st March** we will be hosting an evening for parents about helping your child with worry/anxiety (general or specific). This is an information evening and we are delighted to welcome Claire Gilpin from Early Help for Mental Health (<http://eh4mh.co.uk>). It is an evening for any parent, whatever the age of your child, and will provide useful day-to-day strategies as well as information. The School Nurse, Tracey Wills and SENCO, Teresa Cavallo will also be available for questions.

The event will take place in the **Westclyst Spare Classroom from 5.00pm – 7.00pm**. Refreshments will be available.

Yours sincerely,



Jonathan Bishop
Executive Headteacher