

To: All Parents/Carers of Year 7 to Year 13 Students

Our Ref: 87918111

21 March 2025

Dear Parent/Carer

**Re: Parental Workshops**

In partnership with HEYMIND, we are pleased to offer parents and carers a workshop during this half term's 'Wellbeing Week'. The aim is to provide you with the tools to help support your children's mental health. Hopefully it will also allow you to gain a better understanding of the common issues young people experience that may affect their wellbeing.

The workshop will be held over Teams on Tuesday 1 April 2025, 6.00-7.00pm. There will also be an opportunity to ask questions about the work we do in school.

HEYMIND are hosting the webinar workshop that will also take you through some top tips on how to engage in a conversation about wellbeing and mental health, and also how to access some excellent resources that would help engage young people in conversation.

Please follow the link to access this workshop below:

<https://events.teams.microsoft.com/event/d2bcd9cb-83e4-432f-8db9-9aa172bd66b3@aab4221c-1a73-49a6-8d9a-4a775315fe5c>

Alternatively, if you are unavailable to attend but wish to receive information on any of these topics, please email [mlyon@heymin.org.uk](mailto:mlyon@heymin.org.uk) with your queries.

Yours faithfully,



Mrs M. Trainor

**Deputy Headteacher**

