



St Cuthbert's Catholic Primary School

Balmain Road, North Kenton,
Newcastle upon Tyne, NE3 3QR

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March 3rd 2023

Healthy Minds, Happy Futures

Dear Parents/Carers,

Following the success of our parents' sessions on 'Positive Mindset' and 'Anxiety and Stress', we would like to offer you the opportunity to take part in our next parent session which is designed to support the mental health and well-being of yourselves and of your children. This session is entitled 'Emotional Regulation' where we aim to explore windows of tolerance and discover the impact this can have on the body and the brain, as well as exploring support strategies which can be used in school and at home.

The sessions have been prepared by 'Happy Minds, Healthy Futures' which is a service provided by Clennell Education Solutions and training is offered to all schools in the Bishop Bewick trust. I will be delivering the parents' session provided by them.

The session will last for approximately half an hour. In order to cater for as many parents/carers as possible, we are offering the session at two different times.

3:15 – 3:45 on Monday 20th March

9:15 – 9:45 on Tuesday 21st March

Both sessions will contain the same information. If you are interested in attending, please complete the survey below by **Monday 13th March**. If you are attending the 3:15pm – 3:45pm slot, your child will be looked after in the Computer Suite by a member of staff.

If you have any questions, please do not hesitate to ask.

Many thanks for your continued support,

Mrs Haighton

