



Headteacher: Mr David Snell

Well-Being Workshop

Dear Parents/Carers,

We are writing to inform you about a Well-Being Workshop we will be holding at school on Wednesday 5th December, 6pm - 7pm, in The Cloud.

The workshop will be hosted by: Mrs Plumb (Mental Health), Miss Clare (Thrive Coordinator), Mrs Tamplin (Bereavement) and Miss Shipley (Safeguarding). Along with a few of our Student Well-Being Champions we have in school.

The workshop will give you a chance to listen to, engage and have discussions about key information and strategies that may help promote positive well-being. It will also give you a chance to hear about different ways to support children through bereavement, along with various useful behavioural strategies in different situations, that we use at school too.

There will be refreshments available throughout, and we hope it will also give you an opportunity to have individual discussions with staff as well, if needed.

If you are interested in attending the above workshop, we would appreciate it if you would fill out and return the reply slip below to the School Office in a sealed envelope, FAO Mrs Plumb. This will really help us, so we can accommodate for the correct numbers in advance

If you have any questions about the workshop, please email any of the above staff members. All email addresses can be found on our school website.

Yours sincerely,

The Well-Being Team

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Pupil's Name..... Parent/Carer's Name.....

Number of places on the workshop needed

I would like to attend and confirm a place/places on the above Well-Being Workshop on Wednesday 5th December, 6-7pm.

Signed.....

Date.....



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