Driven to always be the best that we can be.

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Headteacher: Mrs Hannah Young

Thursday 24th April 2025

Dear Parents,

We are pleased to offer all parents the opportunity to attend a 'Managing Emotions in my Child' Workshop in conjunction with our CAMHs Education Mental Health Practitioner.

The session will cover:

- Understanding what big emotions may look like in my child
- What can I do to support my child's wellbeing?
- What can I do to help my child to manage big emotions?
- Looking after me! Self care reminder for parents.
- Getting further support & referrals into CAMHS

Along with a presentation, there will be also be a wealth of wellbeing/emotions related resources, books etc for parents to look at during the session. You will have the opportunity to ask as many questions as needed and if you would like to proceed with a referral into the CAMHs team, there will be the opportunity for you to have this discussion.

Come along to this free, information session provided by CAMHS.

If you would like to attend, please email admin so that we know how many people to expect.

Venue: South Ossett Infants Academy

Date: Thursday 8th May

Time: 5:30 – 7pm

Yours Sincerely,

Mrs C. Ashcroft

Primary MAT SENDCo

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