Driven to always be the best that we can be.

Vicar Lane, Ossett, Wakefield
West Yorkshire
WF5 0BE

01924 274380
admin@southossett.accordmat.org
southossett.accordmat.org

Headteacher: Mrs Hannah Young

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 physical and behavioural signs of anxiety

· Understanding the fight flight freeze response

· Identifying basic techniques to support an anxious child

· Helpful parental responses

· When to access further support from our service

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 ASAP so that we know how many people to expect.

Venue: South Ossett Infants Academy

Date: Thursday 7th May

Time: 9am – 10:30am

Yours Sincerely,

Mrs C. Ashcroft

Primary MAT SENDCo

Accord MULTI ACADEMY TRUST

South Ossett Infants Academy is an academy supported by (and a trading name of) Accord Multi Academy Trust, a Charitable Company limited by guarantee. Registered in England number: 7484308. Registered office: Storrs Hill Road, Ossett, West Yorkshire, WF5 0DG.