

Emotional Wellbeing Practitioners
Water Meadows and Sturry CEP School

Senior Mental Health Lead: Sarah Partridge

Dear Parents/Carers

Invitation to: Virtual Introduction to the Emotional Wellbeing Team (EWT) & Taster to Understanding Children's Behaviour & Anxiety

As you may or may not be aware, the Emotional Wellbeing Team have started working in Water Meadows and Sturry CEP School in January 2021. Due to the current pandemic, the team are working virtually until the reopening of schools following the current lockdown.

We would like to invite parents and carers to a **virtual** introductory workshop which will be an opportunity to find out more about the Emotional Wellbeing Team and hear about the support available for your child's emotional wellbeing.

The session will also be a taster session which looks at:

- How you can better understand your child's behaviour and anxiety
- How you can effectively support your child's behaviour and anxiety

This session will be on:

Tuesday 26th January at 14.00-15.30pm via Microsoft Teams

If you are interested in attending or have any questions about the workshop, please email EWTSturry@stouracademytrust.org.uk or EWTWaterMeadows@stouracademytrust.org.uk **The Teams link will be sent to parents via the school once they have registered their interest.**

If you would like to attend the workshop but are unable make the above date or time, please also contact Mrs Partridge, Mrs Webb or Mrs Bailey to register your interest as there may be an opportunity to repeat the workshop at a later date the workshop if there are sufficient parents/carers who would like to attend.

Yours sincerely

Canterbury and Coastal Emotional Wellbeing Team (EWT)