



# St Catherine's Catholic Primary School

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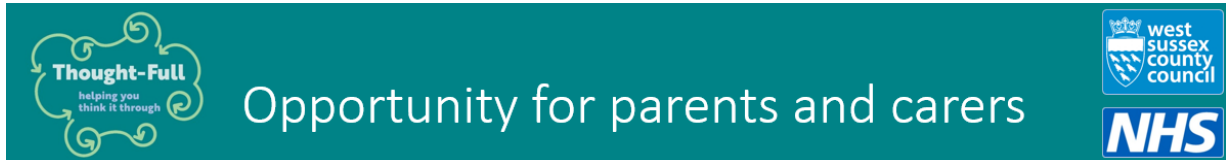
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29<sup>th</sup> April 2024

Dear Parents/Carers,



## Parenting your child in anxious times

We are fortunate to have secured a 5 week Parent Support Workshop programme to be hosted in our school. It will begin on Wednesday 5<sup>th</sup> June at 1.30-3.00pm and run each Wednesday in June, finishing on Wednesday 3<sup>rd</sup> July.

Lorraine Osmend, an advisory teacher from the Mental Health Support (Team called Thought-Full), will be leading these sessions. I have heard fantastic feedback from parents who have attended these workshops in other settings.

Please take time to read the attached documents and details. I cannot encourage you strongly enough to consider signing up for this course to support the emotional needs of your child/ren. Worries and fears are part of everyday lives for the children in our care and Lorraine will lead you sensitively through understanding different forms of anxiety, provide you with skills and knowledge to encourage resilience and provide techniques for both yourself and your child/ren to use to manage the anxieties that they face.

Places are limited so please contact me as soon as you can to reserve your place or if you have any questions.

Yours sincerely,

Miss McGonigle  
Deputy Headteacher & Senior Mental Health Lead

Worthing Deanery Schools



Journeying Together in Christ

