

Woodlands Academy, Hathaway Gardens, W13 0DH

Head Teacher: Ms C Hasker

Together We Achieve

Thursday 9th January 2025

Dear Parents/Carers,

RE: Ealing Mental Health Team upcoming parent coffee morning in person & Spring Term virtual workshops

At Woodlands, we are very fortunate to have the support of the Ealing Mental Health Team. At the end of last half term, two of their practitioners Evie and Catherine ran an informative workshop for parents on how to identify and support children when they are displaying challenging behaviour. I can now confirm that there will be another parent workshop/coffee morning focusing on anxiety in children. If you would like to find out more information about anxiety in children or discuss ways that you can support your child with any worries, please join us.

Supporting children with their anxiety/ worries

Thursday 30th January 2025

9am- 10am, In School

If you attended the first session you are welcome to join us again. Evie and Catherine were very pleased to have such insightful and helpful discussion within the group. Even if you did not attend the first session, please join us for some valuable discussions and tea/coffee refreshments. Please let us know if you are able to attend by completing this <u>Google Form</u>, so we have an idea of the number of attendees.

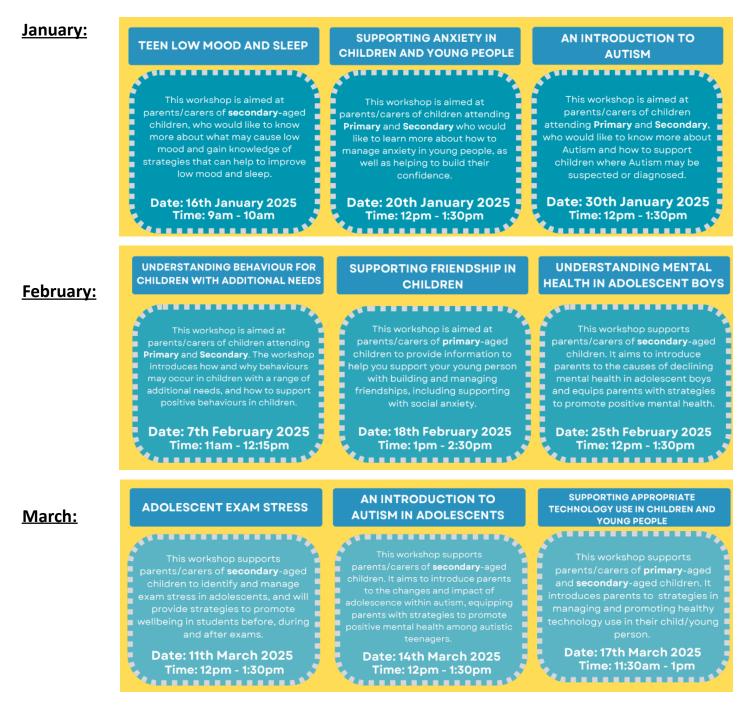
Please see information below about what the Ealing Mental Team do and the support they offer.





Virtual workshops for parents

Please <u>click here</u> to sign up to any of the workshops for Spring term. Please read the description for each workshop to decide if it is suitable. Some of you have children in secondary school, so some workshops are only aimed at parents/carers of secondary aged children.



I look forward to seeing many of you at the next coffee morning on Thursday 30th January 2025 at 9am.

Thank you for your ongoing support.

Yours sincerely, Ms Moxom (Assistant Headteacher)