



**Head Teacher: Gillian Powe**  
Deputy Head Teacher: Joe Emissah

Thursday 9<sup>th</sup> November 2023

Dear Parents / Carers,

### Managing anxiety & building resilience- Parents' Evening

We all want our children to be happy, resilient and better able to cope with day-to-day pressures and disappointments. However, the world that our children are negotiating can be stressful and we want to support them to develop effective approaches to these challenges. We are pleased to invite parents and carers of children in Year 4, 5 & 6 to an information evening at 6.30pm Tuesday 21<sup>st</sup> November. The discussion will introduce some ways we might better support and nurture our children during these important years of their development.

We are pleased to welcome Chris Calland, a behaviour consultant with 25 years' experience of working with children, schools and families, to lead this session in which she will share some approaches to:

- recognising the signs of anxiety
- considering a pro-active approach to building resilience and
- teaching healthy coping mechanisms

If you wish to attend, please complete this [webform](#) by 4pm Monday 13<sup>th</sup> November.

Thank you for your ongoing support.

Yours sincerely,

Joe Emissah  
Deputy Head

