



THE PEGASUS ACADEMY TRUST



WHITEHORSE MANOR
INFANT SCHOOL



ECCLESBOURNE
PRIMARY SCHOOL



WHITEHORSE MANOR
JUNIOR SCHOOL



BEULAH INFANT &
NURSERY SCHOOL



CYPRESS
PRIMARY SCHOOL



ATWOOD PRIMARY
SCHOOL

Executive Principals:

Mr M J Roberts & Ms L D Sampson

Head of Upper School: Mrs N Carpenter

Head of Lower School: Mrs J Sorensen

29th March 2023

MHST online workshops

Dear Parents and Carers,

At the SEND coffee morning last week we had Barbara Allen talk about the work her Mental Health Support Team are carrying out with Cypress children and families. The MHST has created a collection of free workshops for parents/carers of children and young people in schools.

ONLINE PARENT WORKSHOPS

Helping your Child's Behaviour (Primary age)
April 26th 1-2pm and May 3rd 5-6pm

Helping your Child with Anxiety and Worries
May 10th 1-2pm and May 17th 5-6pm

Helping your Child's Sleep
May 24th 1-2pm and June 7th 5-6pm

Introduction to Autism
June 14th 1-2pm and June 21st - 5-6pm

Looking After Yourself for Parents
June 28th 1-2pm and July 5th 5-6pm

Off The Record also run workshops for parents for support with **Self Harm** and **Emotionally Based School Avoidance**.

TALK TO US
OFF THE RECORD

Are you OK Croydon?

cdj You Talk, We Listen
Croydon District Council

Below are the direct links to book a place on these workshops.

Eventbrite Sign up: <https://www.eventbrite.com/cc/online-parent-workshops-1959539?utm-campaign=social&utm-content=creatorshare&utm-medium=discovery&utm-term=odclsxcollection&utm-source=cp&aff=escb>

Self Harm and EBSA Workshops: <https://www.talkofftherecord.org/sutton/support-for-parents-carers/>

These workshops will be offered online via Zoom and you can sign up via Eventbrite. Cameras can be off and there is no expectation for you to speak or interact with each other if you don't want to. The workshops will be psychoeducational based, with some tips and strategies.

Kind regards,

T. McLelland

Ms McLelland - Inclusion Manager