

30th September 2024

Dear Parent/Carer

We are writing to you to invite you to a very special evening that we are hosting at school to help to inform parents/carers about the main issues we feel are affecting the mental health and wellbeing in young people. On Thursday 31st October 2024 we will be hosting a series of workshops in school that you are invited to attend, delivered by Compass Bloom, our external mental health support team. The evening will run as follows:

Arrive from 5.45pm

5.55pm – Introduction to the evening

6-6.45pm

Session 1 - understanding anxiety and low mood, with q & a

6.45pm

Break for refreshments

7-7.45pm

Session 2 - understanding the teenage brain, with q & a

If you would like to register for a place, please email Miss Kimberley on r.kimberley@balshaws.org.uk. Places are limited so these will be gained on a first come first served basis.

We hope to see as many parents as possible on the evening in order that we can help you to have a greater understanding of mental health and wellbeing on young people and hopefully we can use this information to work together to help your child make progress and flourish.

Yours sincerely

Mrs A Wilson

Deputy Headteacher

Miss R Kimberley

Pastoral Manager