

# Parent Information Session

## Wednesday 25<sup>th</sup> September 2019



September 2019

Dear Parents,

I am writing to invite you to the first of this year's 'Parent Information Sessions', which we hope will prove useful and informative and will cover a range of topics throughout the year. The topics of the sessions will be chosen to reflect what you have told us you would find beneficial in supporting your children with their academic, social and emotional development and will take place roughly once every term during the course of the year.

The first session will be run by the team from **SHARE (Schools Health And Resilience Education)**, who aim to improve the mental health and emotional well-being of young people in Secondary and Middle Schools in Somerset. They want to change our culture by breaking down the stigma of mental health issues, and by helping young people become more resilient so they are better equipped to understand and manage their emotions and behaviour. Topics that will be covered in the session include:

- Understanding your child's behaviour- why do they get angry/ upset?
- Why do teenagers experience mental health difficulties?
- What is 'normal' behaviour and what should cause concerns?
- Ways to improve your child's wellbeing
- Emotion coaching with your child

The session will take place on **Wednesday 25<sup>th</sup> September 2019** and will run twice – **2-3pm and 6-7pm**.  
Venue: Enrichment Centre. Refreshments will be available.

If you think you would like to attend either of the two sessions, please contact the Academy office to book a place:-

**Email:** [oakfieldacademy@educ.somerset.gov.uk](mailto:oakfieldacademy@educ.somerset.gov.uk)

**Phone:** **01373 462539**

We look forward to seeing you there.

**Mr Nathan Webb**  
**Parent Information Project Coordinator**



Oakfield Academy  
Information Page

Head Teacher: Miss Emma Wilkes | Chair to the Governors: Ms Kate Hellard  
Oakfield Academy, Oakfield Road, Frome, Somerset BA11 4JF  
T:(01373) 462539/463832 E:oakfieldacademy@educ.somerset.gov.uk W:www.oakfieldacademy.co.uk  
Oakfield School Academy Trust, Oakfield Road, Frome BA11 4JF. Company number:07694044 registered in England.



@OakfieldAcorns