



St Elphege's Catholic Primary School

COFFEE MORNING

THE ART OF SELF-REGULATION

We are excited to invite you to join us for an informative coffee morning to explore the essential skills of

SELF-REGULATION

and how it supports your child's learning and wellbeing.

What we will cover:

The Occupational Therapist will provide practical tips and strategies to support child's self-regulation journey

To register your name call the school office or talk to

Pastoral Team

Dear Parents and Carers,
You are invited to

**The Art of Self- Regulation:
St Elphege's Coffee Morning**

Coffee, tea, biscuits
and a friendly chat with other parents

FRIDAY 26TH SEPTEMBER 2025

8:30- 10:30 am

(In the Don Bosco Hall)

You're welcome to come in after drop off

