



# St Edmund Arrowsmith Catholic High School

*Prepare the way of the Lord*

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21 November 2023

Dear Parent/Carer

I hope this letter finds you well.

We realise that young people today face many different challenges and may need constant help and support to provide the skills necessary to face them.

Therefore, we are currently investigating ways in which we can further support our school family and write to advise that we intend to provide a number of “**Wellbeing Information Evenings**” for parents and carers to attend. These sessions will be delivered by external agencies and will focus on ways in which we can help you to support the young people in your lives.

The proposed areas of interest are listed below:-

- Healthy lifestyle
- Stress
- ASD
- Dealing with bereavement

The sessions will take place after school over the course of 5 weeks and will initially be an information-giving session, but they may provide parents with additional bespoke support later. The sessions will only take place if there is enough interest from our parent community to participate.

I would be very grateful if you could confirm the sessions that you would like to attend. Additionally, if there is another issue that parents/carers would like support with, I would be very grateful if this could be noted too.

To confirm your attendance, or to respond with a suggestion, please follow the link below: -  
[Wellbeing Information Evening - I would like to attend](#)

Yours faithfully

*A Doolan*

**ANNEMARIE DOOLAN**  
Assistant Headteacher