



# St Edmund Arrowsmith Catholic High School

*Prepare the way of the Lord*

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B.A. (Hons), PGCE, NPQH, MSc, MEd

26/01/2024

Dear Parent/Carer

I recently sent out a letter and survey to all parents/carers to determine the type of support required from school. We decided to do this because we realise that pupils face many different challenges today and so need constant help to provide them with the skills necessary to face them.

We suggested the following as a focii: -

- Healthy lifestyle
- Stress
- ASD
- Dealing with bereavement

Our school family welcomed the suggestions and felt that all the areas require some assistance. As a result, we have organised a series of evenings as follows: -

Session	Focus	Date
<b>Week 1</b>	<b><u>Stress</u></b> Our school Education Mental Health Practitioner will deliver a session about stress and anxiety in young people and how this presents itself in. She will share key strategies to support our young people with such behaviours.	<b>5 Feb 2024</b>
<b>Week 2</b>	<b><u>Healthy Lifestyle</u></b> Our school nurse will provide parents/carers with guidance on a healthy lifestyle. This will include a discussion on eating disorders and possible trigger signs and the importance of sleep.	<b>12 Feb 2024</b>
<b>Week 3</b>	<b><u>ASD</u></b> Supporting pupils with autism. The school's Education Mental Health Practitioner will deliver a session on ASD and ways in which to support young people with this diagnosis.	<b>11 March 2024</b>

Each event will take place in the school hall and will begin at 6.00pm.

I would be very grateful if you could follow the link below to register your interest in any (or all) of the sessions listed: -

[Wellbeing Sessions - please click](#)

I look forward to meeting you at one of these sessions.

Yours faithfully

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**A DOOLAN (Mrs)**  
**Assistant Headteacher**