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10th May 2023



Dear Parent/Carer,

Compass Go Parent/Carer Workshops
Wednesday 17th May 2023

As part of our Wellbeing Week, Compass Go will be delivering a selection of workshops for parents and carers. These workshops have been selected based on common challenges experienced by our pupils and their families. The workshops will be as follows:

9am – 10am Sleep Awareness

Information session regarding the impact of sleep on mental health, tips for a good night's sleep and general information about sleep hygiene.

10am – 11am Managing Transition

This session will focus on ways to support your child during times of transition. There will be information which will be relevant to those pupils leaving year 6 and starting their journey into secondary school and strategies to support those pupils feeling apprehensive about changing classes in September.

11am – 12pm Supporting Anxiety

This session will focus on anxiety and the impact it can have. There will be lots of useful strategies that can be applicable to both yourself and your child.

1pm – 2pm Managing Strong Emotions

The managing strong emotions workshop will focus on strategies for supporting pupils who display signs of being overwhelmed by their emotions. This will support those children who may display anger or easily become tearful.

2pm – 3pm Drop In

An opportunity to meet with the Compass Go staff and discuss any challenges that your child might be facing.

To allow us to plan the workshops, an online questionnaire will be sent to your phone today. This will enable you to state which workshops you would like to attend and how many seats you require. **Please complete this online questionnaire no later than Friday 12th May.**

Kind Regards,

Ms K. Holness, Wellbeing and Personal Development Lead



2022-2025