

12.10.18

**A hard copy of this letter has been sent home with your child and there are spare copies in reception.**

Dear Parents / Carers,

We are becoming more aware of the importance of developing our children's resilience and skills for looking after their mental health, both in terms of preparing them for life and reaching their academic potential.

In partnership with our Early Help 4 Mental Health (EH4MH) colleagues from Health, we are considering how to enhance our whole federation approach to become a 'Mentally Healthy' environment. As part of our plan, Mrs Blackwell and Mrs Ewin have been trained to deliver the 'From Timid to Tiger' parent programme.

The programme is aimed at supporting parents to help their child approach life more confidently and learn to manage their worries through life's ups and downs. This is an evidence-based programme with a strong emphasis on school collaborating with parents to support their child.

We would like to offer you the opportunity to come to a coffee morning where you will be able to find out more about the programme from Jenny Eslick, our EH4MH Practitioner, who is supporting the school to deliver it. This will be held on Monday 12<sup>th</sup> November at 9.10am in The Studio, **Ladysmith Junior School**. If you would like to attend, please complete the form below and return to the school office.

We are aware that this time will not be convenient for some parents. If this is the case and you would like to find out more, please indicate on the form below.

We look forward to sharing our plans for this exciting provision with you.

Yours sincerely,

Louise Williams  
SENDco

Helen Keenor  
SENDco

Lynda Ewins  
TA

Lindsey Blackwell  
FSW

.....  
I would like to attend the coffee morning on 12/11/18  
Name ..... Child's name ..... Class.....

Email address ..... Phone no. ....

OR

I am unable to attend the coffee morning on 12/11/18 but I would like to receive more information about the 'From Timid to Tiger' programme.

Name ..... Child's name ..... Class .....

Email address ..... Phone no. ....