

10 February 2025

Dear Family,

Invitation to Family Forum Drop-In Session on Children's Mental Well-Being

We are pleased to invite you to our upcoming *Family Forum Drop-In Session* on **children's mental well-being**, which will take place on **Wednesday, 5 March**, from **4:30PM to 5:15PM**. This event will focus on the important topic of supporting children's mental health, with a particular focus on common challenges such as anxiety, low mood, and emotional well-being.

We are delighted to be joined by **Reflexions**, an NHS service providing preventative and early intervention mental health support within educational settings for children and young people experiencing mild to moderate mental health difficulties. Reflexions works with schools and students to address issues such as:

- Anxiety and worry
- Low mood
- Sleep difficulties related to anxiety or low mood
- Anxiety/avoidance behaviours
- Panic attacks
- Parent-led interventions to support children's anxiety symptoms
- Understanding emotions and managing emotional relationships

This session will be an excellent opportunity to explore the services provided by Reflexions and gain valuable insights into how we can all support our children's mental well-being. Whether you are seeking guidance on helping your child manage emotions or looking for advice on specific concerns such as anxiety or sleeping difficulties, this drop-in session will be informative and welcoming.

As we have been fortunate to secure the services of an external visitor, we strongly encourage you to attend and take advantage of this opportunity to discuss your child's well-being and the support available through this NHS-provided service.

If you have any questions or would like more information about the session, please don't hesitate to contact the academy.

We look forward to seeing you there!

Kind regards,

L Guest

Mr L Guest
Pastoral Director, Senior Mental Health Lead, and Attendance Lead