



**Church of the
Ascension**
C of E Primary School

Thursday 10th October 2024

Dear Parents/Carers,

We've been collaborating closely with Reflexions (Mental Health Support Team) for just over a year, and our partnership continues to grow stronger. Many families and individuals within our school community have greatly benefited from their support.

In line with our ongoing commitment to supporting the mental health and wellbeing of young people and their families, Reflexions aims to further enhance their support this academic year. They have planned to offer a series of 'Tea & Talk' sessions for our school community, including parents, carers and guardians.

The workshops scheduled for this year are as follows:

Date	Tea & Talk session
Tuesday 15 th October 9:00-10:00am	The importance of sleep and how it can impact on your child's well-being <ul style="list-style-type: none">• To understand why sleep is important for your child• To understand what prevents your child from sleeping well• To identify and understand how anxiety may impact upon your child's sleep• To identify ways you can support and manage your child's anxiety at bedtime• To understand how you can support your child with getting a better night's sleep
Tuesday 19 th November 2:00-3:00pm	Supporting your child with anxiety <ul style="list-style-type: none">• To understand what anxiety is• To understand reasons why your child may experience anxiety• To understand the fight, flight and freeze responses• To learn strategies to support your child to manage their anxiety
Tuesday 4 th February 9:00-10:00am	Supporting your child to talk about mental health <ul style="list-style-type: none">• To understand what Mental Health is• To name and recognise the 5 Ways to Wellbeing

Head Teacher : Mrs L Mason

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	<ul style="list-style-type: none"> • To learn ways to achieve the 5 Ways to Wellbeing • To learn strategies to assist with talking about Mental Health with your child
Tuesday 25 th March 2:00-3:00pm	<p>Supporting your child with social media and their mental health</p> <ul style="list-style-type: none"> • To gain an understanding about what social media is • To examine the advantages and disadvantages of social media • To gain an understanding about how social media can affect your child's mental health • To develop an understanding about how to encourage your child to make more positive choices when engaging with social media to promote good mental health
Tuesday 29 th April 9:00 – 10:00am	<p>Year 6 Parents Helping your child prepare for exams/tests</p> <ul style="list-style-type: none"> • To understand what anxiety is and how it can affect your child • To learn useful tips to help your child when they are preparing for tests • To learn self-help strategies for your child to use during their exams/tests
Tuesday 3 rd June 2:00-3:00pm	<p>Supporting your child with transitions</p> <ul style="list-style-type: none"> • To understand the different feelings associated with transition • To learn strategies for how to support your child to manage their anxiety • To understand who you can speak to and where to go if you or your child is feeling anxious • To help your child to begin to think about new opportunities at secondary school

Please note that all of these sessions will take place at **Church of the Ascension church hall opposite school** and not in school, due to restrictions of space.

If you'd like to attend any of the 'Tea & Talk' sessions, please email info@church-ascen.dudley.sch.uk to confirm your attendance.

We look forward to seeing you!

Yours sincerely,

Mrs H Moore

Senior Mental Health Lead