



St. Oswald's Catholic Primary School

Nash Avenue, Whiteleas, South Shields Tyne and Wear, NE34 8NS
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School Website: www.st-oswaldsrcsch.co.uk

Headteacher: Mr D Woodhouse

We are an Operation Encompass School

20th February 2024

Dear Parents and Carers,

We are pleased to offer the opportunity for you to attend our annual Mental Health and Wellbeing morning at **9.10 am** on **Friday 1st March 2024**. Our Healthy Minds partner will deliver a workshop and you will be provided an opportunity to talk about anything you or your children might need support with. Drinks and biscuits will be provided.

The Healthy Minds Team are a very important school resource, they offer early intervention to help children, young people and their families who are struggling with mild to moderate anxiety and/or depression. The team is made up of Education Mental Health Practitioners, who provide a range of emotional, behavioural and psychological support services to children, young people, parents and professionals in schools. They can also offer some interventions via the telephone or on teams.

Sarah from the Healthy Minds Team, will be covering:

- Why do we worry?
- What is anxiety?
- What causes anxiety?
- What keeps our worries and fears going?
- Tips on how best support a child with worries and fears.

Please send an email to the school office on tso_info@stoswaldsrc.co.uk to confirm your attendance at the workshop.

Thank you,

Mr Smith
Assistant Head Teacher and Mental Health Lead