



Coffee, Cake and Chat Session

Friday 29th September 9.10am

We would like to welcome parents/carers to a coffee, cake and chat session, this will be held in the main hall. Drop your child/ren off and pop round. We will be joined by Zoe and Claudia from the Mental Health in Schools Team – they will do a very brief ‘helpful tips’ talk about resilience and connecting at the beginning. They will then be available to speak to parents/carers in smaller group/1:1, on these or any other questions you may have. Marie Lapworth, Louise Demers and myself (Louise Hopkins) will also be available to speak to you as well.

This is the first of these sessions we are running and if it is something of interest to you, we will be happy to run more, if you have particular topics you would like to have please do let us know.

As we are unsure of take up (and to ensure we have enough cake!) please could you reply to the text that will follow this email to register your interest. We look forward to welcoming you on the 29th.