

Dear families,

We are really pleased to announce that we are holding some special events for our families on the theme of Emotional Wellbeing, Mental and Physical health on **Thursday 21st and Thursday 28th September– starting at 2:15pm in the hall and finishing just before home time to enable you to collect your children at the normal time.**

We are delighted to invite the 'With Me in Mind' team on Thursday 21st to introduce themselves, they are an NHS organisation who supports our children and their families with emotional wellbeing, mental health and anxiety concerns. Then, the following week on Thursday 28th we welcome the school nursing team to share their services and provide advice and support.

Each event will include strategies and ideas of how to support your own children and provide information on the types of therapy services and support that can be provided. There will be further opportunities to chat with the team along with our own mental health and pastoral team here at Brumby.

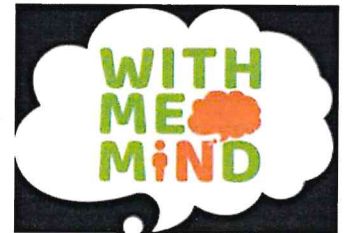
We look forward to welcoming everyone, all family members are welcome - parents, grandparents, family friends etc This is another great opportunity for our new parents to come into school and learn more about how we promote positive mental, physical health and emotional wellbeing.

Please can you return the slip below to indicate whether you would like to attend both or either events or the google form shared via text message so that we can organise seating and refreshments.

Kindest regards

Mrs Wood

Associate Vice Principal / Family Hub Lead



Family Hub- Wellbeing events

[] I would like to attend the event on 21st September at 2:15pm to meet the 'With Me in Mind team' focusing on Emotional wellbeing and mental health

[] I would like to attend the event on Thursday 28th September at 2.15pm to meet the School Nursing team focusing on Physical and Mental health.

Name of child _____ Class _____

Signed _____