

Resilience
Empathy
Self-Awareness
Positivity
Excellence
Communication
Teamwork



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Dear Parents & Carers

Emotional Regulation Workshop - Tuesday 25th November 2pm - 3pm
(doors open at 1.45pm)

We would like to invite parents and carers to the above workshop which will be delivered by the Be You team in collaboration with NHS Northumberland.

The aim of this workshop is to provide you with strategies to support your child when they are finding things overwhelming.

If you would like to reserve a place on the workshop, you can either complete the slip below or speak to myself for more information. Places are limited so please ensure you book on as soon as possible. This is a great opportunity for the school to support parents and carers with concerns that are often raised with teaching staff and we hope that it will be of benefit to those that would like to attend.

Reminders will go out to interested parents or carers by text nearer the time.

Refreshments will be available from 1.45pm.

A handwritten signature in black ink, appearing to read 'Marie Archer'.

Marie Archer

Behaviour/Pastoral Support

I will be attending the Emotional Regulation workshop on Tuesday, November 25th

Parent/Carer.....

Child's name:

Class.....



