

Resilience  
Empathy  
Self-Awareness  
Positivity  
Excellence  
Communication  
Teamwork



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15/10/2024

Dear Parents & Carers

We will be running a parent workshop on **Tuesday 5<sup>th</sup> November** from **2.15pm-3.15pm** for **'Emotional Regulation'** The workshop will be delivered by our colleagues from the Be You Team, which is part of NHS Northumberland. The aim of this workshop is to provide you with strategies to support your child when they are finding things overwhelming. This workshop will also be delivered to the children from Reception through to Year 6 in their classrooms, later that week.

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 2pm.

Yours sincerely

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

**Marie Archer**  
**Behaviour/Pastoral Support**



**Emotional Regulation Workshop 5.11.24**

I will be attending the Emotional Regulation Workshop on 5.11.24 at 2:15pm.

Name.....Signature.....Contact Number.....

Name of child.....

**Please return this slip by Friday 18<sup>th</sup> October 2024**



Artsmark  
Silver Award  
Awarded by Arts  
Council England



NPQH Leadership  
Development School  
**National College**  
for School Leadership

