



Laura Pearce
Headteacher

19th September 2023

Wellbeing Workshops – Autumn term

Dear Parents and Carers,

As I am sure you are all aware, mental health and wellbeing is of upmost importance at Hazelbury Primary School. It is embedded within our ethos and daily practises to ensure everyone feels valued and has the opportunity to flourish. This year we will be delivering regular wellbeing workshops that cover a range of themes designed to help you recognise and respond to your child's emotional health. Each workshop will last around 20 minutes, followed by a question-and-answer session and an opportunity to discuss with fellow parents and carers and the staff or professionals delivering the sessions.

All workshops will take place at 9 – 9:45am in the large Silver Birch Hall.

The upcoming workshops this term are:

- Monday 2nd October - An introduction to Mental Health and Wellbeing
- Tuesday 10th October - Digital Wellbeing
- Tuesday 31st October - My Young Minds Enfield (MYME)
- Tuesday 21st November - Sleep
- Tuesday 12th December - Emotional Regulation

Please register your interest on the Google Form below.

<https://forms.gle/h84ZbbHGpcU3RQjP9>

Yours sincerely,

Danielle Smith

Assistant Headteacher

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