



St. Mary's C of E (Aided) Primary School
Silkham Road
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Surrey
RH8 ONP

Head teacher
Mrs S Lewis
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Dear Parents/Carers,

We are excited to offer an Anxiety Workshop on Thursday 28th February, 3.45 – 5.15pm in the Junior hall. This will be led by myself and Dr Chantelle Makin who is an Educational Psychologist working with the school. The workshop will cover the following aims:

1. **What is childhood anxiety?**
2. **How does the school identify need?**
3. **How do we support anxiety in school?**
4. **How do outside agencies support us in school?**
5. **What strategies can we work on together?**

It would be great to see as many of you as possible. I know that from speaking to many of you, this is an area where children would benefit from support. There is an awful lot we can do both at home and at school to support them and give them the strategies they need to be successful now and in the future.

Please be aware, this is an adult only workshop, as we will be covering themes that would not be appropriate for children. Please try to arrange childcare for your children but if you cannot, the computing suite will be open and a member of staff will supervise. Please bear in mind, this supervision will not be appropriate for children under school age.

If you would be interested in attending, please fill in the form below and return to the school office or class teacher.

I hope that lots of you will find this useful.

Kind regards,

Miss Wylie

SENDCo
Deputy Safeguarding Lead

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Child's name: _____ Class: _____

_____ Adults will be attending the Anxiety Workshop on Thursday 28th February at 3.45pm

Confidently Me Belonging Together Challenged to Contribute

