



15th September 2023

Dear Parent/ Carer,

YEAR THREE: MANAGING TRANSITION WORKSHOPS

On Wednesday 27th September, your child will be taking part in a Managing Transition workshop. The sessions are led by the St Neot's MHST (Mental Health Support Team) and will be held with one class at a time.

The session will include:

- what worries can feel like;
- what they were worried about before and what it's been like since starting school;
- what they are currently worried about;
- strategies to manage worries (breathing), talking to people, problem solving.

If you have any questions about this session, please contact Mr. Dorey or Mrs. Hale via the school office.

COFFEE MORNING

On the morning of Wednesday 27th September from 9:00am – 10:00am, the Mental Health Support Team are hosting a coffee morning in the school's Small Hall for parents to attend. Please see the attached poster from the MHST. Some of the school's Learning and Wellbeing Mentors will also be available if you wanted to talk to them.

If you would like to attend the coffee morning, please go to the school office where you will be directed to the small hall.

Yours sincerely,

Mr. Chris Dorey
Head of Year Three