



# Andreas School

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6th December '21

Dear Parents/ Carers

I hope you find the following information useful.

## **MENTAL HEALTH AND WELLBEING EDUCATIONAL SUPPORT SESSIONS**

I am writing to let you know about a series of educational sessions aimed specifically at parents, carers and teaching staff, of both Primary and Secondary School students, designed to help support the mental wellbeing of young people.

In addition, we will also be hosting informal 'drop-in' sessions for any parents of students, to talk about any issues or concerns they might have about their child, with one of our Psychotherapists. We do not have any drop in's for teachers organised however, please let us know if you would like a 'drop-in' for your staff and we can arrange this.

To compliment our current primary school curriculum, the sessions we will host for parents and teachers will cover in separate sessions, Emotional Literacy, Self Esteem, Positive Relationships and coping strategies, and there will be an opportunity to ask questions at the end of each session.

Bookings for these sessions can now be made on our website at [islelisten.im/educationsessions](http://islelisten.im/educationalsessions). The sessions are free (with the option to make a donation), we're just asking for people to book onto the sessions where possible so we know how many numbers to expect.

Regards

Trish Dudley  
Headteacher

