

Wigginton Primary School
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Mr Paul Laycock
Headteacher

Parent Workshop: Mental Health and Wellbeing

Dear Parent/Carer,

On Tuesday, 8th July we are hosting a parent drop-in session, which will focus on emotional health and wellbeing, straight after school drop off (9am). Laura McMurray, our School Wellbeing Service Team Leader, will join us and give parents a chance to find out more, ask questions and have a cuppa! We hope it will give parents the opportunity to widen their network of support; be able to talk to one another and access some 'informal' support from the wellbeing team, if you have any issues or concerns for your child around health and wellbeing. Mrs Davies (school SENCo) and Mrs Lewis, who is our ELSA (Emotional Literacy Support Assistant) will also be at the event, if you would like to speak to either of them to find out a little more about our ELSA support in school.

If you would like to join us, please sign up using the form below or contact the school office:

<https://forms.gle/Rdem1yYm4srqDWzW6>

We hope to host more of these workshops for parents, including workshops with a focus on neurodiversity, so please do come along if you can!

Mr Laycock
Headteacher

