



Dear Parents / Guardians

Parent Information Evening: Managing Exam Stress

As part of our developing Mental Health Programme we are starting to run parent information sessions on a range of topics which parents have identified as being areas of concern. We are having additional support from Surrey Mindworks and our Counselling Team in running these sessions. Students will receive a session during the day on the topic and we will share the same information with parents at the information session in the evening. There is therefore no need for students to attend the evening session as well.

The first of these sessions is running on **Wednesday 25th January at 5.30pm** in the main hall. If you would be interested in attending can you please express your interest using the link below so we know how many are likely to attend. If you are unable to attend on this date but would appreciate learning more about this please complete the form so we can provide additional support.

<https://forms.office.com/Pages/ResponsePage.aspx?id=B8AwOD58skqJqlhUuk3pN1giYH7sjatEjkcure6azCctUN0dEUTAySExMSE85SzhPQINLMzZMOURLMC4u>

In addition we have some information from Surrey Mindworks regarding Parent Mental Health Day which takes place on 27th January 2023.

Stem4's Parent Mental Health Day on 27th January (PMHD) encourages understanding and awareness of the importance of parents' mental health and its impact on the whole family system. With this year's theme being 'balance', the day aims to get parents and carers to take a moment to reflect on the balance they have in their lives and to take positive steps to make change.

Stem4 are inviting parents to join their webinar on Thursday 27th January at 7pm (<https://stem4.org.uk/event/webinar-for-parents-carers-building-resilience-in-parents-carers/>) where they will discuss how improved parent mental health benefits the whole family, and practical ways in which parents and carers can regain equilibrium in their lives and tip the balance towards positive mental health.

If you are a parent or carer who needs support with your own mental health, you can refer yourselves for support through Mind Matters - <https://www.sabp.nhs.uk/our-services/mental-health/mind-matters-surrey/mind-matters>

If you have any further questions or suggestions regarding mental health support within school please contact me directly at b.hunt@warlinghamtl.co.uk.

Kind regards

Ms B Hunt
SENDCo

Headteacher: Mr P Foster BA (Hons) MA NPQH FCCT
Address: Tithepit Shaw Lane, Warlingham, Surrey, CR6 9YB
Telephone: 01883 624067 Email: Info@WarlinghamTLT.co.uk
Website: www.WarlinghamTLT.co.uk

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Learning Trust