



Headteacher: Mrs L Ayling BA (Hons) NPQH

October 2017

Dear Parents/Carers

Parent Workshop: Thursday 9 November 5.30-7pm

To support you in managing some of the challenges facing teenagers and young people today, we are pleased to offer a workshop on adolescence and mental health. The session will be held at school on Thursday 9 November 5.30 - 7pm.

During the session we will look at:

- What is adolescence?
- Why young people can struggle through adolescence.
- The trauma of parenting a teen!
- The art of listening to a teen.
- Being kind to yourself as a parent.

You will gain some useful practical tips in supporting your daughter through adolescence, as well as meeting other parents in a relaxed, informal and friendly atmosphere. We hope that you will have some fun too!

I will deliver the session alongside Michelle Higgins, our School Counsellor.

We very much hope that you will attend. Please complete the attached reply slip and return it to school no later than Monday 6 November.

If you have any queries or require any further information, please do not hesitate to contact me via the school office or on email: eastwoods@prentonhighschool.co.uk

Yours faithfully,

Shauna Eastwood
Assistant Headteacher – Student Services

REPLY SLIP – PLEASE RETURN TO STUDENT SERVICES NO LATER THAN MONDAY 6 NOVEMBER 2017

Parent Workshop: Thursday 9 November 5.30-7pm

I/We would like to attend the Parent/Carer workshop on:

Thursday 9 November 2017 - 5.30 - 7pm

I/We are unable to attend

Name(s): _____

Contact telephone number and/or email address: _____

Daughter's name: _____ Form: _____

By signing this letter, I confirm I have parental responsibility