

Hello,

It was lovely to head back into Osbaldwick for the new school year and we very much enjoy the warm welcome we get from all pupils and staff!

This half term we've met with our new pupil Wellbeing Ambassadors to consider what their role is, introduce themselves to the school and plan their notice board. We've also attended Parents Evenings this week, to discuss with parents what we do and offer advice and support where necessary. We're really looking forward to working with more children next half term as we explore Big Feelings and how to manage them during small group work.

Next month we would like to invite parents to join us at our themed coffee mornings. In addition to the morning slot we are also offering a parent drop in session on:

Child Mental Health & Wellbeing - Parent Drop In

Monday 18th November at 14:45 – 15:45

Should you require childcare in order to attend this please contact Mrs Bryan Smith before Thursday 14th November, so this can be arranged.

We have included a reminder of the other parent sessions we are also delivering, and hope to see you there. We want to wish you all a lovely half-term, and we look forward to seeing those who can make it to the drop in, in November.

Best wishes, The Wellbeing in Mind Team



**WELLBEING
IN MIND TEAM**

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

PARENT COFFEE MORNINGS

THE WELLBEING IN MIND TEAM ARE
OFFERING FOCUSED SESSIONS COVERING
A RANGE OF TOPICS RELATED TO YOUR
CHILD'S MENTAL HEALTH & WELLBEING

08:45 – 09:15 SESSION CONTENT
09:15 – 09:45 DISCUSSION & ADVICE

DATES:
MONDAY 7TH OCTOBER
HELPING YOUR CHILD WITH WORRIES

FRIDAY 15TH NOVEMBER
SLEEP

MONDAY 2ND DECEMBER
MANAGING CHALLENGING BEHAVIOURS

PLEASE CHECK IN TO MAIN RECEPTION ON THE DAY