

Whitehill Junior School

Head Teacher: Mr S Mills



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21st April 2021

Dear Parents and Carers

Wellbeing Evening – Thursday 13th May 2021

We now have a date for our wellbeing evening with Leah Brennan, focussing on anxiety. It will take place on Thursday May 13th from 7.00pm - 8.30pm. It will be a virtual meeting via Teams.

Leah is a local child, adolescent and family psychologist, founder of Mindscape psychology. She uses modern, evidence-based approaches that encourage the young person to feel empowered to effect change and families to feel equipped to support them.

Leah will talk to us about key challenges of parenting in 2021; why some children become anxious; help us understand what anxious behaviours look like and also help us understand how to support these anxious behaviours in our children.

Please would you click the link below to access the google form to confirm your attendance?

[Wellbeing Evening Confirmation](#)

You will be sent a link to the meeting in the coming days.

Kind regards,

Steve Mills
Headteacher

