



Rise Park Primary and Nursery School  
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Dear Parents and Carers,

In these current times, mental health issues for children are on the rise and they are finding it increasingly difficult to adapt to this ever-changing world. With this in mind, we have organised some parent workshops to be delivered in school to support you and your children with coping with anxiety.

The first session will start on Tuesday 12<sup>th</sup> October at 9:15am. The sessions will last between 2 and 2 and a half hours. They will continue for 4 weeks.

The course content is designed to help parents, carers and children understand feelings, manage emotions and how to prepare and manage returning to school. You will learn what stress is and different coping strategies to use in order to live a happier, healthier life for both you and your children.

This will be a great opportunity for you to learn more about anxiety and how to support yourself and your child through these difficult times. Furthermore, you will be able to talk to other parents who are experiencing similar difficulties with their children. There will be a weekly gift for parents and carers who attend and an additional reward for attending all four sessions.

If you are interested in attending this course or have any questions, please do not hesitate to contact me on [admin@risepark.nottingham.sch.uk](mailto:admin@risepark.nottingham.sch.uk)

Yours sincerely,

Mrs Lamb

