

Thursday 5th January

RE: Reflexions Coffee Morning – 25th January

Dear Parent/carers

During the last year, Perry Hall have been working with a local authority team called Reflexions. This team is a **Well Being** service who offer support to children, parents and staff.

We are delighted to offer parents and carers of pupils at Perry Hall the opportunity to attend a coffee morning on **Wednesday 25th January at 9am** in the school dining hall, to meet the Reflexions team.

The aim of the coffee morning is to:

- Introduce the Reflexions team as a well being service.
- Understand child anxiety.
- Support transitions to secondary school.
- Promote mental health and well being.
- Support parental interventions
- Provide tips on dealing with stressful situations
- Deal with child emotions

Come along and meet the team and ask questions about the service. Get your voice heard in how we can develop well being in our school.

If you would like to attend, please complete the form below and return it to the school office by **Friday 20th January**.

Yours sincerely

Mrs C Gibbins
Head of School

Reflexions Coffee Morning – 25th January 2023

I will be able to attend the Reflexions Coffee Morning on Wednesday 25th January 2023

I will not be able to attend the Reflexions Coffee Morning on Wednesday 25th January 2023

Name of child: _____

Number of adults attending: _____