



ASH MANOR SCHOOL

Manor Road Ash Surrey GU12 6QH
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Headteacher: A Bailey BSc, PGCE, NPQH



Dear Parent / Carer

14th September 2023

Re: Information session for parents

We know that there is an increasing societal concern about the Mental Health of our young people and, in particular, the impact of feelings of anxiety.

You will have noticed in the key dates supplied by Ms Bailey in her recent letter that there is a session in school on "Helping your child to manage anxiety". This session will offer practical advice on helping your child to understand and manage anxiety.

Date: Tuesday 19th September

Time: 9:15 – 11:15 (please arrive and sign in at Main Reception promptly for 9:00)

Details:

Holly Bloom, Primary Mental Health Worker, will be attending the school for a session on anxiety in children.

We offer this session for parents to come along and hear from Holly about:

- **An overview of anxiety in this age range (Y7-Y11)**
- **Supports for anxiety**
- **Consider strategies that you can use**
- **Examine available resources**

Anxiety is a normal feeling which can feel abnormal and give an overwhelming sense of worry and fear. Please come along and find out what you as parents can do to support your child.

If you are interested in coming along, or wish to enquire further, please contact me on the following email address, stating the name(s) of your child / children and their Tutor Group:

awhitby@ashmanorschool.com

Yours faithfully

Mr A Whitby
Assistant Head Teacher

www.ashmanorschool.com