

Dear Parents and Carers

Following the previous Facebook/Twitter Poll, we have a fantastic opportunity for our parent community as we have secured some training from Lisa Thomson (from CWMT see below for details) around childhood anxieties. We as staff here at Berrywood, have received a training session with Lisa, to share her expert knowledge in how to recognise anxieties and share practical strategies in coping and managing these. We recognise that mental health is an increasing area of need and an important area in which to keep our staff up-to-date. The feedback from staff around this training was overwhelmingly positive, with many saying, 'wouldn't it be great to share this with parents'. We have taken on board the best timings from the poll, and although it won't suit everyone, it will be **5:30pm** (for approximately an hour and a half) on **Wednesday 3rd April** in the school hall.

Mental health, with a focus on anxiety, is an area we are dealing with more and more with our young people and our families. Lisa's training was invaluable and offered reassurance as well as understanding and strategies of how we, as adults in their lives, can help.

Overcoming childhood anxiety

This session is aimed at supporting parents in managing anxiety in children under 12yrs. And will be delivered by Lisa Thomson from the Charlie Waller Memorial Trust. It highlights when anxiety might be a problem (as opposed to a 'normal' developmental phase), describes different anxiety and how these can be recognised and discussed. It explores why treatment is important and gives a detailed overview of a Cognitive Behaviour Therapy approach. The session will include evidence-based information about the key strategies to use as parents, and the role of parental/adult behaviour (how they respond to the child's anxiety) is explored.

About the charity

Set up in memory of a young man who took his own life, the Charlie Waller Memorial Trust aims to help people recognise the signs of depression in themselves and others, to equip young people to look after their mental wellbeing, and to ensure expert help is available when needed.

The Trust reaches thousands of children and young people, their teachers and parents through its free mental health training in schools. It also gives training in universities, colleges and workplaces, and to GPs and nurses, aiming to lessen the stigma around depression, improve treatment and reduce the number of suicides. Raising awareness of mental health amongst young people is very important to the Charlie Waller Memorial Trust. Their programme for schools and families provides evidence-based training to schools and in other youth settings that motivates, informs and provides practical tools that can be easily implemented.

If you would like more information, please visit <https://www.cwmt.org.uk/>

If you would like to come along, please complete the slip below and return by Wednesday 20th March. Please note that the session is aimed at parents and therefore not suitable for children to attend.

I am looking forward to seeing as many of you as possible.

Kind regards,



Laura Rodbourne
Assistant Headteacher

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To: Laura Rodbourne, Assistant Heateacher

I / we will be attending the Childhood Anxieties session on 3rd April at 5:30pm in the school hall.

How many seats required:

Child's year group:

Parent's name:

Parent's signature:

