

Little Heath School

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Headteacher

D J Ramsden, BA, NPQH

Dear Parents/Carers

SUPPORTING YOUNG PEOPLE WITH THEIR MENTAL HEALTH – INFORMATION EVENING FOR PARENTS/CARERS

As part of our ongoing efforts and work to support our young people with their wellbeing, we have been working with Time To Talk, a Newbury-based counselling service. Time To Talk has been offering counselling and support to children and young people in West Berkshire for over thirty years.

To coincide with World Mental Health Day on 10TH October, we have invited Time to Talk to host a mental health and well-being information evening at school aimed at those living with or supporting a child or young person. The session will draw upon our collective knowledge and experience of working with this age group with a view to sharing the information that we have found most useful as both practitioners and parents ourselves.

We know that many of you have expressed concerns about your child's mental health and well-being, so we thought that this would be an ideal opportunity to get some additional support and to enable us all to use a shared vocabulary and share strategies to employ both at home and at school.

This information evening for Parents and Carers is on **Tuesday 13 October at 6:00pm in the Main Hall. Please note that this evening is for parents and carers only** – not for students as the input from Time to Talk will be directed towards parents.

There will be an opportunity during the evening to make an optional, voluntary donation to Time to Talk. All donations from this event will go towards funding other work that they are doing with Little Heath to support the emotional and mental wellbeing of students.

If you would like to attend the information evening, please could we ask you to complete the form via the following link/QR code by 12noon on Tuesday 13 October. We are opening this session to all parents, so just want to make sure that we keep track of numbers.

[Time to Talk Mental Heath Information Evening for Parents - Tuesday 13 October – Fill in form](#)

It will be great to see you there.

Thank you as always for your continued support.

Mr J Linz

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