

Harris Church of England Academy

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Headteacher Mrs Roberta Harrison



07 January 2025

Dear Parents and Guardians,

Parenting young people as they navigate the challenges of growing up can be both rewarding and incredibly difficult. We know that supporting a child through emotional difficulties can feel overwhelming at times, and we want to ensure you feel equipped and supported in this journey.

To this end, we are delighted to invite you to our **Parent Forum on Supporting Children's Mental Health**, which will take place on **Thursday, February 6th, 2025, at 18:00-19:30pm** in the school hall.

This event is designed to:

- Share practical strategies for supporting your child's mental health and wellbeing.
- Highlight the resources and support systems available within the school and community.
- Offer a space to connect with other parents facing similar challenges, fostering mutual understanding and empowerment.

The forum will include a short introduction from our Mental Health Lead, followed by an open discussion and opportunities to ask questions. We hope it will be a valuable opportunity for you to gain insights and feel reassured that you are not alone in navigating these challenges.

If you would like to attend, please use the following link enabling us to plan for appropriate numbers.

<https://forms.gle/7Z4hsyAuCbLxVqxDA>

We truly value the partnership between school and home and look forward to working together to support your child's mental health and wellbeing.

Kindest Regards,

David Unwin

Mental Health Lead

Duke of Edinburgh Manager

Mental Health First Aid Trainer david.unwin@harris.covmat.org



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