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29 September 2026

Dear Parents and Carers,

Parent Information Sessions

We are pleased to invite you to our upcoming Parent Information Sessions, designed to provide information, guidance and practical strategies to help you support your child throughout adolescence.

The sessions will cover a range of topics that are particularly relevant to young people and their families, offering useful insights and ideas that can be applied at home.

All sessions take place at school from 4:15pm to 5:15pm.

The sessions are:

- **15 October 2026** – *Understanding and Supporting Mental Health*
- **9 November 2026** – *Understanding and Managing Behaviour*
- **3 December 2026** – *Parenting in the Digital World*

Please complete the Microsoft Form below to reserve your place(s). You are welcome to book onto **one, two or all three sessions**.

[Parent Information Sessions Booking Form – Fill out form](#)

Places may be limited, and confirmation of your booking will be sent prior to each event.

We look forward to welcoming you and working together to support the wellbeing and development of our young people.

Yours sincerely,

Becky Williams
Family Support Worker