



PARKLANDS COMMUNITY PRIMARY SCHOOL

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Headteacher: Miss Charlotte Angeli



Thursday 4th January 2023

Dear Parents and Carers,

Parklands School are now working with the West Sussex and NHS 'Thought-full' team to support our children and families. We are delighted to inform you that the team will be hosting a parent's course here at Parklands.

This five week course aims to support parents with understanding their child's anxiety, developing emotion coaching skills and developing resilience strategies. Parents need to be able to attend all five sessions, which run from 9.00am until 10.15am in our community room.

The dates are as follows:

- Thursday 22nd February
- Thursday 29th February
- Thursday 7th March
- Thursday 14th March
- Thursday 21st March

There are 15 places on the course, which will be offered on a first come, first serve basis.

If you would like to attend this course, please email Mrs Bright (SENCo) on nbrightsenco@parklands.school, as soon as possible.

Kind Regards,

Mrs Natasha Bright