



PARKWOOD PRIMARY SCHOOL

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Dear Parents / Carers,

To mark the start of Children's Mental Health Week, we thought we would share the following statistic with you - there is an increasing number of primary children who are struggling with anxiety since the start of the pandemic.

To help with this, we wanted to share with you the YoungMinds website which has some really helpful tips and information about how you can support your child and help them manage their anxiety along with signposts to further support available:

<https://www.youngminds.org.uk/parent/a-z-guide/anxiety/>

We are also welcoming the 'Fantastic Fred Experience' into school tomorrow where all children will watch a short performance focusing on Good Mental Health. This experience looks to be a great way to encourage our pupils to talk about their own mental health. You will receive further information tomorrow about the experience that may help with conversations your child might initiate at home.

We are always available to talk through any concerns you may have for your child/children or yourselves so please do get in touch. You can do this by talking to your child's class teacher or emailing the office requesting a meeting with Mrs Wintle.

With best wishes,
The Pastoral Team