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16th November 2023

Dear Parents/Carers,

You may know that we are part of a West Sussex initiative called "Thought-Full". Thought-Full provide support to schools and their communities - children, parents, teachers and wider families - with mental health questions and wellbeing. Some of the things they can help with are; developing confidence and resilience, making and maintaining friendships, seeing school as a positive place and finding strategies to help cope with worries.

As part of this, Thought-Full are running a 5 week parent workshop in the Spring Term. This will be led by the Thought-Full lead for Chichester and Bognor schools. Although it is open only to Petworth Primary families, it will not be attended by staff members. The focus of the workshop will be to provide parents with ideas and strategies to support children with worries and anxiety, helping them through transition (to new schools and classes) and with any other challenges they may face. Thought-full are happy to target other areas of parenting if these are an issue.

The sessions will last approximately one hour and take place in the school on a Tuesday morning, starting on the 9th January at 9.00am. Refreshments will be provided from 8.45am. If you would like to attend, please notify the Office, either in person or by emailing office@petworthprimary.co.uk, by the 1st December. We hope that these sessions will be very useful and provide valuable support.

Thank you.

Yours sincerely

A handwritten signature in black ink that reads 'Clare Wiggs'. The signature is written in a cursive style with a horizontal line at the end.

Clare Wiggs
Senior Mental Health Lead