

Dear Parents and Carers

With Me in Mind is a new service working alongside schools, colleagues and academies in Doncaster and Rotherham to help children and young people who need support with their mental health.

We can help with low mood, worries, fears, sleep, and behavioural and emotional difficulties that children and young people may be experiencing.

As part of our whole school approach at Monkwood Primary School to help young people feel happy and healthy in school; The With Me in Mind service are offering education sessions for parents. The below session will be ran at Monkwood Primary School on Wednesday 4th March at 9am.

As part of promoting positive mental health awareness, Educational Mental Health Practitioners are offering parents an educational workshop around supporting your child with worries and anxiety. This will include;

- ***What is anxiety and how it affects young people***
- ***What we'd expect children to worry about***
- ***When anxiety may become an issue for children***
- ***How you can support your child with anxiety and worries***

If you have any questions about this session, or to confirm your attendance, please speak to Ms Ransford from Monkwood Primary.