

Springfield Primary School



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Friday 26th September 2025

Children's Mental Health meeting and workshop – Friday 10th October

Dear Parents / Carers,

We are writing to inform you that there will be a meeting and workshop on **Friday 10th October** based on Children's Mental Health, behaviour and emotional well-being and how you, as parents and carers, can best support this. This is a wonderful opportunity to connect with other parents, exchange ideas, and gain valuable insights from the team at Bedazzle, including Sarah Williams who has been working in school this term with many of our KS2 children. Friday 10th October is World Mental Health Day so it will be a great opportunity to explore how we can better support our children's mental wellbeing both at school and at home. This year's theme set by the World Federation for Mental Health is access to services. The theme highlights the importance of people being able to protect their mental health whatever they are going through, because everyone deserves good mental health.

The meeting will be held 2.00-2.30pm. Following this, children of the attending adults will then be invited to the hall to complete an art-based activity together (until approx. 3.00pm). While we chat, you and your child can enjoy a fun activity together. It's the perfect way to bond and create lasting memories.

If you have any questions, please don't hesitate to ask. We kindly ask that you indicate your attendance on the slip below and return to your child's teacher no later than Friday 3rd October.

Kind regards,

Miss Booker

PSHE Lead and Year 5 teacher

Bedazzle 'Mental Health' meeting and workshop

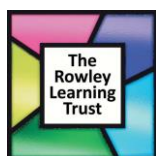
I (name) _____ parent/carer of (child's name) _____ will be attending the parent meeting and workshop on Friday 10th October at 2pm. I understand that a workshop will be held after the meeting and that this will last until approximately 3.10pm.

Signed _____

Date _____

Be the best you can be.

Respect, Resilience, Reflection and Empathy.



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the
sandwell
well-being
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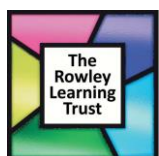
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