



# Bellenden Primary School

Executive Headteacher: Mr Gregory Doey

Headteacher: Mrs Julie Ireland

Deputy Head: Mrs Georgia Powell-Davies

Assistant Head: Miss Emma Crandon

Dewar Street,

Peckham,

London

SE15 4JP

Dear Parents and Carers,

## **Wellbeing and Resilience workshop**

**When?** Monday 19<sup>th</sup> June 9am-10am

**Where?** At the school

It can be for hard for us as adults to keep up with the fast paced nature of the world we live in today. If it's challenging for us then it certainly is for our children and young people. In recent years we have seen the conversation surrounding mental health grow, with an increasing awareness of how it impacts upon young people.

We know that our mental health is just as important as our physical health. The Nest support service, which is provided by Southwark, supports young people so they can cope better with the challenges that life may throw their way.

Whether you're a parent, guardian or carer who is concerned about the mental wellbeing of a child or young person or just want some information about mental health, then please come along to our workshop as we'd love to have you there!

**Additionally, at the end of the session, I will be sharing the NEW PSHE scheme of work which we will be starting from September.**

I hope to see you there.

Kind regards,

Miss Phillips



Every day in a hundred small ways our children ask, 'Do you see me? Do you hear me? Do I matter?' Their behaviour often reflects our response.

L.R. Knost