

Dear Parents/Carers,

S3/S4 Wellbeing Evening

The mental wellbeing of our young people, particularly after a long period of lockdown, is a priority to us as a school and we know from consultations with parents/carers that this is of utmost concern to you as well.

As a result, we are delighted to be able to offer you the chance to attend an exciting, informative and interactive evening for S3 & S4 Parents/Carers. The aim of the evening is to help you, as Parents/Carers to support your child and their mental wellbeing and to also gain support, as parents, in coping with the challenges of modern day parenting.

This event is taking place on Thursday 10th March from 4-6pm.

You will have the opportunity to attend four workshops out of the following options:

Teenage Mental Health	Understanding how to help our children with their mental health has become a critical and sometimes overwhelming part of modern parenting. In this short session, Brian Costello from HeadStrong will give you some tips and understanding to help at least break the surface of what's going on and answer any questions you may have.
Ways to Nurture Wellbeing	Our school Educational Psychologists will be delivering a workshop on building resilience in our teenagers and providing tips on how to manage anxiety.
Cyber Resilience and Digital Safety	To help empower parents when using Digital Technology and supporting their child/ren in their use of Digital Technology. This interactive workshop will help you understand key aspects of iPads including tools for control, reducing screentime as well as covering relevant legislation to keep your child safe online.
Mind and Body Relaxation for Parents/Carers	This workshop will offer parents/carers relaxation and mindfulness strategies to help you relax, manage stress and cope with the demands of parenting as well as providing signposting for local services and resources that you can use to help in these areas.

All workshops will be offered four times over the course of the evening and you are welcome to attend as many as you wish. **Due to social distancing, the number of people able to attend each workshop is capped at 12 people, and we ask that only one person per booking attends.**

Each workshop will last for 30 minutes. The format for the evening is as follows:

4.00-4.30 – Workshop 1

4.30 – 5.00 – Workshop 2

5.00-5.30 – Workshop 3

5.30 – 6.00 – Workshop 4

You are welcome to come to however many workshops as suits your schedule, within the time frame. To secure your place at a workshop please go to <https://parents-booking.co.uk/lourdes>

To login you will need to enter:

- Your first name and surname (of main contact)
- Your child's first name, surname and date of birth

Once logged in, simply select the workshop you wish to attend, and which time and click "Book Event".

Booking opens TODAY, Thursday 3rd March at 7.00pm and closes on Monday 7th March at 7.00pm

A confirmation of your bookings will be emailed to you, but **we also recommend you screenshot or take a picture of your bookings once completed.**

Should you have any problems with making bookings then please do not hesitate to contact Mrs Cassidy or Mrs Connor via the School Office.

We look forward to welcoming you to this event, and trust you will find it an extremely worthwhile experience.

Yours Sincerely,

DConnor

Deborah Connor

PT Parental Engagement