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### 'Building Support Circles'

Dear Parent/Carers

As you may be aware 'Building Support Circles' is a group set up within the school, to create a link between the school and parents and a way of offering advice and support, this also helps with engaging in your child's education.

Previous initiatives have been two successful 'Coffee Catch Up' meets, where we would chat and signpost any support that is available for parents. In addition to this we ran a 'Positive Parenting Group' helping with strategies to approach behaviours from a different angle, using more encouraging techniques. Parents were given their very own parenting bible to use as they wish.

Within the above sessions we have touched on Mental Health and how it affects us all as parents and our children, and it was suggested by a group member that we create Eton Park's very own Mental Health Leaflet; a guidance on signs, self help strategies and references.

As a school we recognise that we offer our pupils a huge amount of emotional support within our setting, utilising a variety of knowledge from expert staff within this field and a whole school approach of emotion coaching, we pride ourselves on the opinion of, 'if your child has a need, then we will do our utmost to meet it'. This is why we have entered our school for a Mental Health Award (Carnegie).

Mrs Fotheringham's up and coming project will be creating the Mental Health Leaflet and would like your support and input with this. You will work together as a group, seeking information and background, finally presenting this using a leaflet format. The first session will be on Wednesday 27<sup>th</sup> March at 9.15am until 11am, we anticipate this will carry on every week for approximately 6 weeks. Refreshments will be available, unfortunately we are unable to have children within the group.

If this is something you wish to take part in, as we are now use electronic letter communication, please let Mrs Taylor know in the office.

I thank you for your continued support.

Yours sincerely

Mrs H Phillips  
Executive Principal

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