



## St Nicolas and St Mary Church of England Voluntary Aided Primary School

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Executive Headteacher Mr D Etherton B.Ed Hons. NPQH

Acting Headteacher Mr A Lincoln BA Hons

8<sup>th</sup> March 2021

Dear Parents & Carers,

It has been wonderful to welcome all of the children back into school today; there is a real buzz around the school with children happily chatting, playing and learning alongside their friends.

During our Mental Health & Wellbeing Week, we highlighted the resources available on our website to support children and parents during these challenging times (*Home>Parents&Carers>Safeguarding & Welfare>Well-being – Parent & Carer Support*). West Sussex Mind are also running a range of courses and I wanted to highlight the one running this Wednesday evening which needs to be pre-booked. Further information can be found at this website address: [https://mailchi.mp/5dfb0f66c49b/building\\_self-esteem-7916917?e=86367a114f](https://mailchi.mp/5dfb0f66c49b/building_self-esteem-7916917?e=86367a114f) and below.

### ***Interactive, virtual workshops for parents, carers and families from West Sussex Mind***

Are you worried about your child's behaviour?

If a child or young person is behaving in a way that is worrying or that places themselves or others at risk, it can be distressing and difficult to know how best to support them.

When a young person's behaviour becomes concerning, it may be that they are experiencing a strong, overwhelming emotion that is hard for them to manage. However there are ways in which parents, carers and family members can help.

Please join us for one of our '**Behaviours of Concern**' online workshops where we will explore some of the triggers and functions of challenging behaviour and strategies that can be used to help support a child or young person and encourage them to communicate their emotions in a more positive way.

These sessions are confidential and designed to be a "safe space" where you can interact with the trainer and other members of the group if you would like to share your own ideas and experiences. Alternatively, if you do not feel comfortable playing an active role in the session, please feel free to just watch and learn if that is your preference.

Whatever your situation or the needs of your child, please do come and join us online for training, advice and support and a chance to meet other families who are going through similar experiences. We are here to help!

#### **Behaviours of Concern**

Wednesday 10th March | 6pm to 8pm

Click [here](#) to book

#### **Behaviours of Concern - An Autistic Perspective**

Thursday 25th March | 10am to 12pm

Click [here](#) to book

Kind regards,  
Hannah Wing  
Assistant Headteacher for Inclusion

