

March 2024

Dear Parents/Carers,

Thought-Full parent/Carer session What is Thought-Full - March 2024

Following the successful parent/carer sessions on Mental Health & Wellbeing run by the Thought-Full team this term we will be hosting further parent/carer sessions on Mental Health and Wellbeing during the Summer term.

The first session next term is focusing on **What is Thought-Full?** This is a re-run of the launch presentation held earlier this year. The presentation will be on **Thursday 18 April from 6:00pm - 7:30pm**, in the school hall by Greg Cronie, our Thought-Full school advisory teacher.

This presentation is open to parents/carers of all year groups, please use the form linked below to sign up.

To continue to support parents/carers within our community we would be interested to hear your feedback on the sessions you would like us to put on for you. Session topics include; Anxiety, The teenage brain, resilience, parent self-care, teenage wellbeing and others. Please complete the linked form below to provide your feedback and we will use this information to create a programme of parent/carer presentations from the sessions selected.

We are very pleased to be able to offer sessions from the Thought-Full programme to parents/carers and would like as many people as possible to benefit from them. If you are interested in signing up to these sessions please complete the form via the following link:

[Thought-Full parent/carer feedback and session sign up.](#)

We look forward to welcoming you to the Thought-Full sessions.

Kind regards,



Andrew Mowforth & Sarah Summerfield
Assistant Headteacher (SMHL) & Mercury Head of House

