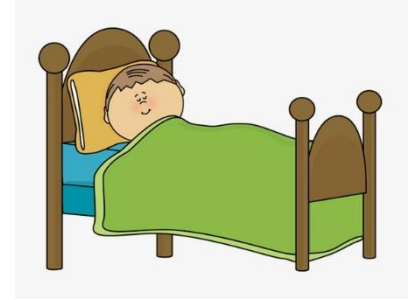




Dear Parent /Carer,



We are really excited that on Monday 6th March the CAMHS Mental Health Support Team (MHST), are coming into school to deliver some workshops around sleep. There will be a workshop for parents 9-10am and another 2.30 – 3.30pm.

The sessions will focus on the importance of sleep and give strategies and advice around building healthy sleep routines and patterns. Don't worry if you can't attend the whole session you are more than welcome to drop in chat with MHST staff during these times.

If you are interested in coming please complete the slip below so we can get an idea of numbers, please note your child does not need to be with you for the session.

Regards

Mr Carter

I am interested in attending the Sleep Workshop on 6/3/23 at 9.30am / 2.30pm (delete as appropriate).

Child _____ Class _____

Signed _____

