



St Mary & St Pancras C. E. Primary School

81 Werrington Street, London NW1 1QP
Telephone: 020 7387 6117
Fax: 020 7383 4874
e-mail: admin@stmp.camden.sch.uk
www.stmp.camden.sch.uk

Headteacher **Jules Belton**, Deputy Headteacher: **Lucy Heard**
Assistant Headteacher: **Lesley Carneiro**

Dear Parent/Carer,

The NHS mental health support team who work within your school and many others in Camden are excited to be able to offer an online webinar series for all parents and carers of primary school children in Camden.

The series will include online workshops via Zoom. The topics covered, scheduled dates and times are:

Topic	Day and Date	Time
Parent Self Care	Friday 13/11/20	12pm
Understanding and supporting your child with worries	Friday 20/11/20	12pm
Sleep	Friday 27/11/20	12pm
'Good enough' Parent and Child interactions	Friday 04/12/20	12pm

Each workshop will last up to 60 minutes and have an optional follow up 20 minutes for further questions for those parents that are interested. You can opt in for all four sessions, or whichever most appeals to you.

To find out more information and to register for any of the workshops (for free) please go to the 'Eventbrite' webpage <https://www.eventbrite.co.uk/e/parent-webinar-series-tickets-126950144299>.

We look forward to seeing you!

With best wishes,

Miss Carneiro
Assistant Headteacher/SENDCo

