



FAIRFIELD HIGH SCHOOL

Peterchurch, Herefordshire HR2 0SG - 01981 550 231 admin@fairfield.hereford.sch.uk - Head Teacher: Mrs S L Gaston

9th March 2020

Dear parents and carers

Standing in their shoes: A parental guide to Adolescent Mental Health - 1st April 2020

As part of our ongoing commitment in supporting young people’s wellbeing at Fairfield we would like to invite you to a workshop called “Standing in their shoes: A parental guide to Adolescent Mental Health. The workshop will be delivered by a member of the STRONG YOUNG MINDS team and the aim is to provide parents with information and tools that would help them support their children’s mental health and wellbeing.

You will have an opportunity to understand:

- How the adolescent brain works
- Most common symptoms of mental illnesses and how it feels from a young persons perspective
- Where to go for help.
- The workshop will take place on Wednesday 1st April ,2020. We will offer two separate times.
- 4.30-5.30 KEYSTAGE 3
- 5.30-6.30 KEYSTAGE 4

Please complete the slip below by ticking the preferred time of the workshop and return to Mrs Hart no later than Monday 23rd March.

Yours faithfully

Elizabeth Shilcock
Learning Manager

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Standing in their shoes - A parental guide to Mental Health 1st April 2020

I will be attending the: 4.30 Workshop

5.30 Workshop

I will require chairs

Name

Tutor Group

Signed

Date

Emergency contact number



Company Registration Number: 8936256