



The Federation of  
St. Alphege Church of England Infant and  
Nursery School and  
St. Alphege Church of England Junior  
School



Monday 7<sup>th</sup> October 2019

Understanding and Supporting Anxious Children

As a school we recognise how difficult it can be for parents and carers to support young people who are experiencing emotional difficulties.

To meet a clear need, we have worked with the Social Emotional and Mental Health (SEMH) Team from the Solihull Specialist Inclusion Support Service (SISS) to develop an information evening. This has been designed to give parents/carers a better understanding of anxiety, to introduce strategies for supporting anxious children and to reduce feelings of isolation and foster peer support by encouraging discussion between parents in similar situations in an open and non-judgemental environment.

The evening will take place on **Tuesday 15<sup>th</sup> October at 5:30pm** and will last approximately 1½ hours.

Please return the reply slip below as soon as possible to confirm your attendance and to indicate how many seats are required.

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**Understanding and Supporting Anxious Children**

Child's Name \_\_\_\_\_ Class \_\_\_\_\_

I have seen the letter relating to the 'Understanding and Supporting Anxious Children' information evening on **15<sup>th</sup> October at 5:30pm**. We will require \_\_\_\_ seats please.  
(Please complete as appropriate)

Signed \_\_\_\_\_

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