



Ark Charter Academy

Monday 18th January 2021

Dear parent or carer,

Virtual (Online) Coffee Evening for Y7 Parents and Carers Tuesday 26th January 6pm.

It is important that children are encouraged and supported to look after their mental health every day. When it comes to the wellbeing of our students we need to work together as a team. In fact, evidence shows that good relationships - with family, friends and our wider communities - are important for our mental and physical wellbeing. This is so very important especially now that we are experiencing a second lockdown, where our children are feeling the strain of this and the reduced contact with their social network.

Charter Academy understand this and want parents to know that they are not alone in their work to nurture strong students. We are therefore offering a one-hour virtual coffee evening, aimed at all year 7 parents on **January 26, 2021 at 6pm** to discuss, “**Managing Anxiety and Raising Resilient Children**”.

We hope to offer suggestions for how you can help your child manage stress and build resilience. We will also offer advice on what you can do when things get tough if you're worried about your child's mental health and resilience.

Join us for this event, by clicking the link below to confirm your attendance and to provide us with details to send you access, and joining instructions, to this **online** event.

https://forms.office.com/Pages/ResponsePage.aspx?id=dBTLADSIjUaCn2NuzjLCTIrUMQoYP85IniXnu7-e_nBUQ0tGRkJTMjZTWUtUWjBMN0Q4OTZRNlgyQi4u

Unfortunately, we do not have enough space to accommodate students in the presentation, albeit online, so please ensure that you are only logging yourself on to the session, even if you have your child attending.

We look forward to hearing from you and seeing you soon,

Kind Regards,

Jeneve Bailey
Assistant Principal



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