



Improving children's mental health



Dear Parents/Carers

As part of our work at St Andrew's on wellbeing, Place2Be are offering support for families. Parenting Smart is an online course for parents and carers of children at schools supported by Place2Be.

The online course is free and intended to help you strengthen your relationship with your child and respond helpfully to challenging behaviour. You can also join discussions with other parents in your group from across the UK. It is designed to fit around busy family lives. The 6-week course can be broken down into short 15-minute sections and you can access it from your mobile phone, tablet or any other device.

The next cohort for parenting smart online training starts 21st February and the deadline to register is 6th February. The link to register for online support is below.

https://www.place2be.org.uk/family?utm_source=Place2Be+staff&utm_campaign=f721963e4c-EMAIL_CAMPAIGN_2021_11_18_COPY_01&utm_medium=email&utm_term=0_5609e0f393-f721963e4c-221351724

If you require any other support with regards to the wellbeing of your child then please speak to Mrs Whitaker or Mrs Kirkpatrick.

Thank you for your continued support
Mrs Whitaker and Mrs Kirkpatrick
Pastoral Leads