



20 November 2020

Dear Parent/Carer

Additional Parent Webinars – Helping Children with Fears and Worries

I wrote last week regarding the above parent webinars. The interest has been very encouraging and spaces in the session for parents in Years 8-11 were filled in a few days. Trailblazers have therefore kindly agreed to host another session on **Wednesday 8th December** for parents of students in Years 8-11.

The webinar will focus on:

- Understand more about anxiety in children
- Consider strategies for that that can help to manage fears and worries, and build confidence at this challenging and uncertain time
- Learn more about local services for further support

The webinars will be delivered online via Microsoft Teams and will be facilitated by practitioners from Bromley Y. To ensure the smooth running of the session you will be asked to turn your camera and microphone off for the duration of the webinar, but participation via the chat function is optional. Please note there are limited slots available per session.

To book a place at one of the **Year 7** sessions please visit:

<https://www.eventbrite.co.uk/e/helpingchildren-with-fears-and-worriestickets-128113455795>

These sessions are available to parents across Bromley.

Webinar Dates:

- Wednesday 25th Nov @ 10.30am - 12.00pm
- Saturday 12th December @ 10.30am - 12.00pm
- Tuesday 12th Jan @ 13.00pm- 14.30pm
- Saturday 13th February @ 10.30am - 12.00pm
- Thursday 18th March @ 10.30am- 12.00pm

Years 8-11 (for parents of students at Saint Olave's in Years 8-11)

Webinar Date

Wednesday 2nd December 18.00 - 19.30 (this is fully booked)

Wednesday 9th December 18:00-19:30

To book a place for the **9th December** please visit:

<https://www.eventbrite.co.uk/e/129868755945>

Once you have booked a ticket, you will receive an email with details about how to join the webinar.

Yours sincerely

Rochelle Maxwell
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