



3 November 2023

Dear Parents,

**Online wellbeing evening for parents- Wednesday 8 November 5.30pm**

Wellbeing has always been a priority at CGA and we will be providing a wellbeing evening session that will include information about wellbeing support for students and how you can support your child. On Wednesday 8 November from 5.30-6.30pm, we will be delivering an online wellbeing session for parents to share strategies that can support you and your child. There will be opportunities to ask questions during and after the session.

The focus will be:

- Ways to talk about mental health at home;
- Encouraging self-care (including better sleep and physical activity);
- School support systems for mental health and wellbeing and accessing support beyond school.

Please join using the link below. We hope that many parents can join us.

[Online Wellbeing Evening for parents](#)

Kind regards,

Andreanna Bangura  
Deputy Headteacher