



# COPNOR PRIMARY SCHOOL

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2<sup>nd</sup> June 2025

Dear Parents & Carers,

## **Parent Workshop – Supporting Children with Managing Big Emotions**

We would like to invite all parents to our next Pastoral Workshop that we are running on **Wednesday 11<sup>th</sup> June at 9:15am-10:15am**. The session will last around 45 minutes and there will also be an opportunity after the session to speak to someone regarding any concerns you may have.

We have been fortunate enough to secure two Mental Health Practitioners from the Mental Health Support Team (MHST) at CAMHS, who will be leading the session as well as offering a chance for parents to drop-in to ask any questions afterwards from 10 -10:30am.

The focus will be on supporting children when they are experiencing big emotions and will cover:

- How parents can support children when they are experiencing big emotions.
- Develop your understanding of emotional regulation difficulties.
- Q & A opportunities with MHST.
- Signposting where you can go next for extra help and support.

Everyone is welcome to come along and you are able to turn up on the day, if you wish to attend. If you are unable to attend the session on this date but would like further information on this matter, please contact the Pastoral Team or alternatively you can speak to your child's class teacher. We look forward to seeing many of you there.

Yours sincerely,

Matt Johnson  
Headteacher

