



West Moors Middle School

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Dear Parents/Carers,

Due to our on-going commitment to the children’s mental health at West Moors Middle School, we have been extremely fortunate to have secured some sessions on mental health with the Dorset Mental Health Support Team. In addition to your children receiving support, they would also like to hold a meeting with parents.

The parent session will be held in the hall on Monday 18th November. It will run for one hour starting at 3:45pm. The session will be centred round the topic of the teenage brain and will be delivered as an emotional wellbeing workshop. This introductory workshop is designed for parent/carers to learn about the changes that happen in their child’s brain during adolescence, how this can effect young people’s behaviour, and learn some tools and techniques that they can use to support their young people during this time.

As this is such a fantastic opportunity and an extremely relevant one in today’s world, we anticipate the uptake of this event will be high. Therefore, please complete the slip below and return it by Monday 11th of November.

Kind regards

Jennifer Hilton

Mental Health Lead

Mental Health Workshop – 18th November 2024

Child’s Name..... Registration Group.....

I/We would like to attend the workshop. Number attending _____

I/We are unable to attend the workshop.

Signed..... Parent/Carer Date.....

PLEASE COMPLETE THE CONSENT SLIP AND RETURN TO SCHOOL BY MONDAY 11TH NOVEMBER.



Thriving to Achieve our Best – Together
Head Teacher: Dr D Craddock PhD MA BSc (Hons) NPQH

