



St Alban & St Stephen Catholic Primary School

Executive Headteacher: Miss C McFlynn

Head of School: Mrs C Moore

Head of School: Mrs A Porter

Tel: 01727 866668

Website: www.ssas.co.uk

Email: admin@ssas.herts.sch.uk



Friday 20th November 2020

Resilience Webinar

Dear Parents and Carers,

During these uncertain times, we are very conscious of your children's mental health and wellbeing. The PTA have organised a fantastic webinar with the highly esteemed Dr Kathy Weston - a very experienced psychologist and sociologist. She specialises in giving parents the practical tools they need to help their children flourish.

On Friday 27th November from 7.30pm - 9.00pm, she will deliver a webinar entitled 'Family Resilience'.

Her newly created "Family Resilience" talk is proving very popular. It is heavily focused on supporting children through the transition back to school following lockdown, easing anxiety and other mental health issues which may have been exacerbated by the isolation of the period at home or the global pandemic in general. It is packed full of practical tips on how to apply the most up to date research evidence in daily life.

Tickets will be available to purchase on School Gateway at a cost of £10.

As a school, we strongly feel this would benefit not only yourselves but your children as well and we hope that you will avail of this great opportunity.

We would like to thank the PTA and Mrs Murphy our SENDCO for organising the event which I am sure will prove extremely useful.

Kind regards,

Mrs Moore and Mrs Porter