

11th March 2024

Dear Parent/Carer,

I am writing to inform you of a fantastic opportunity that we have been offered.

On Monday 25 March, Sam Jones from Buxton CAMHS (Children's and Adolescent Mental Health Services), will be coming into school to run a workshop on anxiety in young people.

She will cover what anxiety is and how it can impact your child, everyday approaches and strategies to help your child reduce anxiety and offer information about local support and services that are available to support both you and your child.

The workshop will run from 5.15 until 6.15pm.

It would be wonderful if we could see many of you there supporting us, to support your child.

Kind regards,



Miss A Pimblett

Assistant Headteacher i/c Behaviour and Standards
Designated Safeguarding Lead



DIOCESE OF
NOTTINGHAM

St Thomas More Catholic Voluntary Academy
enquiries@stm.srscmat.co.uk Tel: 01298 23167
[f stthomasmorebux](https://www.facebook.com/stthomasmorebux) [stthomasmorebux](https://www.twitter.com/stthomasmorebux)



**St Ralph
Sherwin**
Catholic Multi Academy Trust