
Ormiston Bolingbroke Academy

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Principal: Kathryn Evans BA (Hons) NPQH



ZPE/SJN

24th April 2023

Dear Parents/Carers

We have an exciting workshop opportunity available for parents/cares led by Ormiston Academies Trust's Mental Health Lead. The session will focus around supporting parents/carers to help their child manage stress and anxiety.

The workshop will be useful for any parents/carers who have concerns regarding their child's stress/anxiety or who would just like to know more about signs, symptoms and practical advice for supporting others. It is an excellent opportunity to receive practical advice and strategies.

Workshop Overview

Stress and anxiety are normal for us all to feel, however, at times we can experience too much of it. This session will focus on providing you with some information on what stress and anxiety is and spotting the signs when it is getting too much for your child. You will be provided with some practical advice and strategies so you can support your child with techniques that are proven to work.

The session will be delivered by Mrs Baljit Nhal – OAT Head of Mental Health:-

"I joined the Ormiston Academy Trust in January 2023. Prior to joining the Trust, I spent over 20 years working within the Child & Adolescent Mental Health Service (CAMHS), in Birmingham, Mid Wales and Shropshire. I have worked within Specialist CAMHS teams as well as front-line teams, delivering support within schools and health and community settings. I am passionate about promoting mental health and wellbeing and, in particular, ensuring children get timely advice and support when they need it. Outside of work I like to spend time outdoors, often working on gardening projects as well as enjoying long walks with my two beloved Westies!"

The session will be held in the Academy's theatre on Tuesday 23rd May 2023 between 4:30pm-5:30pm. If you wish to attend, please contact the Academy's reception to book a place or use our online booking system: [Helping Your Child Manage Stress and Anxiety Tickets, Tue 23 May 2023 at 16:30 | Eventbrite](#). The deadline for booking is Friday 19th May 2023.

If you have any questions or would like any further information, please do not hesitate to contact Mrs Z Porschke (AP Student Welfare) on 01928 711 643 or via email at z.porschke@ob-ac.co.uk.

Yours faithfully

Mrs Z Porschke
Assistant Principal

