

Coffee Drop In

On the 3rd September we will be offering a Parent Coffee Morning/ Afternoon for new parents starting at Benyon Primary School. We would like to welcome you all and make you feel at ease throughout the transition to school. We have an array of outside agencies who are on hand to discuss any difficulties that you may be experiencing. They will be there to greet you and answer any questions. Please feel free to drop in for a tea/ coffee and refreshments whilst your little one settles into their new school.



**Karen Leeves | School Wellbeing Practitioner |
School Wellbeing Service | Children's Services**

You might be worried about coronavirus (COVID-19) and how it could affect your life. This might feel difficult or stressful. We are here if you need to chat about your own emotional wellbeing or if you would like some support about a family member or student you are concerned about. It is important that we look after our mental health as well as our physical health at the same time.



**Morning Session
9.30am-11.30am**

**Afternoon Session
1pm—3pm**

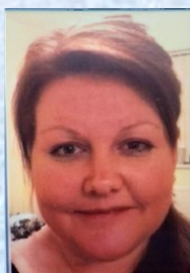
**Join us for
refreshments.**



Senior Clinician/ Supervisor

Mental Health Support Team (MHST)

Leads a team of Education Mental Health Practitioners who are working in schools as part of the Government's national plans to support mental health in schools. They aim to support schools and parents to improve children's emotional wellbeing and build resilience.



Kerrie Willis, Health Improvement Practitioner, School Health Service .

The aim of the drop in is to provide advice and support to parents on wide range of health related subjects including: head lice, adopting a healthy lifestyle (including weight management, exercise, reducing sugar intake) toileting/bed wetting or to discuss any concerns regarding your child's general development.

**Please report to the
school office after
dropping off your child to
sign in.**

We look forward to meeting you all.