



PURSTON INFANT SCHOOL
Nunn's Lane, Featherstone
Tel: 01977 704344
www.purstoninfants.co.uk



Dear Parents/Carers

Rebecca Price from CAMHS will be in school on the 28th June at 2.15pm in the school hall to give a talk and presentation on how to support and manage worries and anxiety in children. Below is a brief description of what will be discussed. If you are interested in attending can you please let us know by returning the slip below by 17th June. Thank you.

Parent Information Session

Would you like to have a greater understanding about anxiety and worry in children?

This parent information session will cover:

1. What anxiety is
2. How anxiety develops
3. Helpful strategies to manage anxiety
4. Where to go for further advice and support

Anxiety can affect people in different ways, including:

- Fears or phobias
- OCD (obsessive Compulsive Disorder)
- Generalised anxiety - Worries about lots of different things
- Social anxiety - finding busy places challenging , or interacting with others difficult
- Panic attacks
- Separation anxiety – wanting to be with a carer, getting upset when they are left somewhere

Mr Barnett – Headteacher

Mrs Dyas – Family support worker

I will be attending

I will not be attending

Child's name-----

Class-----

Signed-----



The Designated Senior lead for Safeguarding and Child Protection is the Headteacher, Phillip Barnett, supported by the Deputy Headteacher, Alison Gascoyne, and Family support worker Kerry Dyas.
Social Care Direct 0345 8503 503 social_care_direct@wakefield.gov.uk