



VARNDEAN SCHOOL

Friday 21st January 2022

Dear Year 7 and 8 Varndean Families

Key Stage 3 : Wellbeing and Progress online webinar event: 27th January 6.15pm

We are pleased to invite you and your child to Varndean School's *online* KS3 'Supporting Wellbeing' evening.

This live webinar will provide an opportunity for parents and carers to hear from key members of staff about how to support your child with the emotional demands of Years 7 and 8 with practical support on how to promote positive:

- Friendships and social interactions
- Self regulation and emotional resilience

The evening will include key information from our Assistant Headteacher and Safeguarding lead, Sara Connolly, alongside Donna- Peters Lamb from Making Sense Psychology. Donna has been working in the field of mental health for 25 years and has a wealth of well being experience to share.

The evening is intended to get parents and children working together so please encourage your child to watch the webinar with you.

To attend this online webinar please use the link below.

Register in advance for this webinar:

https://us06web.zoom.us/webinar/register/WN_FM8kC5kMQ7K0L90_IGKjHg

After registering, you will receive a confirmation email containing information about joining the webinar.

A recording of the webinar will be placed on the [Wellbeing and progress page](#) on the school website following the event.

Yours sincerely

Elise James
(Assistant Headteacher)
