

Woodlands Academy, Hathaway Gardens, W13
ODH

Head Teacher: Ms C Hasker

Together We Achieve

Thursday 9th January 2025

Dear Parents/Carers,

RE: Ealing Mental Health Team upcoming parent coffee morning in person & Spring Term virtual workshops

At Woodlands, we are very fortunate to have the support of the Ealing Mental Health Team. At the end of last half term, two of their practitioners Evie and Catherine ran an informative workshop for parents on how to identify and support children when they are displaying challenging behaviour. I can now confirm that there will be another parent workshop/coffee morning focusing on anxiety in children. If you would like to find out more information about anxiety in children or discuss ways that you can support your child with any worries, please join us.

Supporting children with their anxiety/ worries

Thursday 30th January 2025

9am- 10am, In School

If you attended the first session you are welcome to join us again. Evie and Catherine were very pleased to have such insightful and helpful discussion within the group. Even if you did not attend the first session, please join us for some valuable discussions and tea/coffee refreshments. **Please let us know if you are able to attend by completing this [Google Form](#)**, so we have an idea of the number of attendees.

Please see information below about what the Ealing Mental Health Team do and the support they offer.



Who are we?
We are the Ealing Mental Health Support Team (MHST). Our Wellbeing Practitioners support the wellbeing of children and young people in education settings (Primary and Secondary) across the Ealing borough.

Is your child :
Demotivated? Anxious?
Stressed? Worried? Sad?
Irritable? Low? Experiencing Panic? Tired or lack of energy?

Who can we support?
In Primary schools, we offer 1:1 support to parent's whose children feel:
anxious
• specific phobias
• excessive worrying
• separation anxiety
• avoiding places/ situations
or have behaviours that challenge
• emotional/physical outbursts
• difficulties with siblings/ relationships
• difficulties following routines/instructions

In Secondary Schools, we support young people who sometimes feel:
anxious
• stress about school/exams
• worries about social situations
• specific fears or phobias
low mood
• feeling sad or tearful
• not wanting to do activities they usually enjoy
• low motivation or sleep difficulties.

Dates to remember:
Children's Mental Health Week - 3rd-9th Feb
Eating Disorders Awareness Week 2025 - Monday 24 February to Sunday 2 March 2025.
Time to Talk Day 2025 - Thursday 6th February.

You asked, so we did!
We Heard You, Parents!
You told us you wanted practical support to help your child sleep better and manage healthy tech use at home—and we've got you covered!
We're excited to introduce our two new workshops topics, '**Supporting appropriate technology use**' and '**Sleep and low mood**'. Don't miss out—sign up today.

We also support children and young people with learning disabilities and/or autism, their families and school staff.



Virtual workshops for parents

Please [click here](#) to sign up to any of the workshops for Spring term. Please read the description for each workshop to decide if it is suitable. Some of you have children in secondary school, so some workshops are only aimed at parents/carers of secondary aged children.

January:

TEEN LOW MOOD AND SLEEP This workshop is aimed at parents/carers of secondary -aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood and sleep. Date: 16th January 2025 Time: 9am - 10am	SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE This workshop is aimed at parents/carers of children attending Primary and Secondary who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Date: 20th January 2025 Time: 12pm - 1:30pm	AN INTRODUCTION TO AUTISM This workshop is aimed at parents/carers of children attending Primary and Secondary , who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed. Date: 30th January 2025 Time: 12pm - 1:30pm
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February:

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS This workshop is aimed at parents/carers of children attending Primary and Secondary . The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children. Date: 7th February 2025 Time: 11am - 12:15pm	SUPPORTING FRIENDSHIP IN CHILDREN This workshop is aimed at parents/carers of primary -aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety. Date: 18th February 2025 Time: 1pm - 2:30pm	UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS This workshop supports parents/carers of secondary -aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health. Date: 25th February 2025 Time: 12pm - 1:30pm
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March:

ADOLESCENT EXAM STRESS This workshop supports parents/carers of secondary -aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams. Date: 11th March 2025 Time: 12pm - 1:30pm	AN INTRODUCTION TO AUTISM IN ADOLESCENTS This workshop supports parents/carers of secondary -aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers. Date: 14th March 2025 Time: 12pm - 1:30pm	SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN AND YOUNG PEOPLE This workshop supports parents/carers of primary -aged and secondary -aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person. Date: 17th March 2025 Time: 11:30am - 1pm
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I look forward to seeing many of you at the next coffee morning on Thursday 30th January 2025 at 9am.

Thank you for your ongoing support.

Yours sincerely,

Ms Moxom (Assistant Headteacher)