



# Courthill Infant School

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Headteacher: Mrs Alison Carter



25<sup>th</sup> March 2026

Dear Parents / Carers

We would like to invite you to a School Nursing Workshop focused on **children's emotional wellbeing**. This session will be led by our School Nursing Team and is designed to offer practical advice, support, and information to help you understand and nurture your child's emotional health.

During the workshop, we will explore:

- How to recognise signs that a child may be struggling emotionally.
- Strategies for supporting self-esteem and resilience.
- Where to access further help and guidance.
- Ways to strengthen communication between children, families and school.

The workshop will provide a relaxed, supportive space where you can ask questions, share experiences and learn more about how we can work together to promote positive emotional wellbeing.

**Date:** Monday 11th May

**Time:** 9am

**Location:** Courthill Infant School. Please come via in the main reception area.

We hope you will join us for this valuable opportunity.

Thank you for your continued support.

Mrs S Wilson

Courthill Infant School

