



3 March 2022

Dear Parent/Carer

TUESDAY 22ND MARCH 2022 – 9.30 am -11.00 am
MENTAL HEALTH AWARENESS

Cleeve Meadow are delighted to announce that we are able to open our doors once again and invite visitors and parent/carers for workshops.

Pascale Berthellet is a Public Health Advisor for Children and Young People and she works in all schools. Public Health aims to promote positive mental health and prevent mental illness for the whole school community. Schools receive support to embed a whole school approach to mental health and wellbeing.

The aim of Pascale's work is to:

- Increase understanding and awareness of mental health and common mental health issues
- Provide opportunities for children and young people, staff, parents and carers to look after their mental wellbeing
- Deliver training to staff and provide strategies for parents to support their children's wellbeing.

Pascale's work is delivered through assemblies, workshops and training.

We would like to invite you to a workshop for parents/carers of students at Cleeve Meadow School to meet Pascale and to ask questions, share ideas and meet other parents/carers.

Please complete and return the slip to the Cleeve Meadow School office to confirm your attendance.

Yours sincerely

Paula Smith
Deputy Head of School

www.cleevemeadow-tkat.org

Cleeve Meadow School,
Bexley Lane, Sidcup,
Kent, DA14 4JN

Tel: 020 8269 6523

Email: enquiries@cleevemeadow-tkat.org

Head of School: Ms J Morris
Executive Head Teacher: Mrs A O'Donnell
Company Registration Number: 6455757



Please complete and return this slip to the Cleeve Meadow School office

Mental Health & Wellbeing with Pascale Berthellet
TUESDAY 22ND MARCH 2022

Parent/Carer

Name:

Student's Name and Year:

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I am/we are able to attend the workshop on Tuesday 22nd March 2022 - 9.30 am

Number of people attending:

I am/we are unable to attend

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