



Headteacher: **Ms Annemari Ottridge** M.Ed. NPQH NPQEL

4th October 2022

Dear Parent/Carer,

Re: Understanding and Managing Challenging Behaviours Workshop

Over the last academic year, Lonsdale have been working alongside The Mental Health Support Team (MHST).

The MHST will be running a virtual parent workshop of 6 sessions to help parents to understand the challenging behaviours they see at home, and to provide pro-active strategies to support in reducing these behaviours.

The group will run every week on a Thursday from 10th November – 15th December between 10am and 12pm.

Please find attached a fact sheet from the MHST which details the aims of the workshop, summary of the sessions provided and also the referral criteria.

If you are able to commit to attending the 6 sessions and feel this would be of benefit to you and your family, please complete the attached referral form and **return it by Friday 14th October 2022** to hct.mhst@nhs.net.

If there is adequate interest, the workshop can take place in person at Lonsdale School. Please can I ask that you state your preference on the covering email to the MHST as to whether you would like to attend in person or virtually.

If you have any further queries, please contact Anne Smart, Head of Support and Student Care.

Kind regards,

School Admin

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