



ASH MANOR SCHOOL

Manor Road Ash Surrey GU12 6QH
Telephone (01252) 353900 Facsimile (01252) 353908
Headteacher: A Bailey BSc, PGCE, NPQH



Dear Parent / Carer

14th September 2023

Re: Information session for parents – Anxiety

I would like to remind you of the parent session covering anxiety advertised in the summer term, taking place at Ash Manor School. If you are interested in attending, and have not yet contacted the school to register your interest, please note the following details. If you have already contacted me, I have your details on record, so there is no need to contact me again.

Date: Tuesday 19th September

Time: 9:15 – 11:15 (please arrive and sign in at Main Reception promptly for 9:00)

Details:

Holly Bloom, Primary Mental Health Worker, will be attending the school for a session on anxiety in children.

We offer this session for parents to come along and hear from Holly about:

- **An overview of anxiety in this age range (Y7-Y11)**
- **Supports for anxiety**
- **Consider strategies that you can use**
- **Examine available resources**

Anxiety is a normal feeling which can feel abnormal and give an overwhelming sense of worry and fear. Please come along and find out what you as parents can do to support your child.

If you are interested in coming along, or wish to enquire further, please contact me on the following email address, stating the name(s) of your child / children and their Tutor Group:

awhitby@ashmanorschool.com

Yours faithfully

Mr A Whitby
Assistant Head Teacher

www.ashmanorschool.com