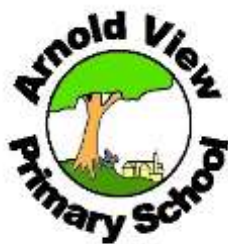


Arnold View Primary School



Aspire Believe Achieve

Head Teacher Mrs Caroline Otterburn
Gedling Road, Arnold, Nottingham. NG5 6NW
Tel: (0115) 956 0967 Fax: (0115) 956 1104
E Mail: office@arnoldview.notts.sch.uk
Web site: www.arnoldview.notts.sch.uk

6th November 2024

Dear Parents/Carers

Anxiety Workshop – Thursday 21st November

At Arnold View Primary School we are proud of our school ethos and believe that children thrive in a nurturing environment of kindness and respect. We believe that children learn best when they are happy and we strive for the school community to be healthy, both physically and mentally.

With this in mind, we are aware that some children are struggling with their anxiety or emotions and this is having an impact on their attendance.

We will be holding a workshop for parents/carers in the hall on **Thursday 21st November 2024 at 9.15am** (approx. 1 hour) to discuss the topic of Emotional Based School Attendance (EBSA) and Anxiety Based School Attendance (ABSA) and to explore some strategies that might help. The session will be led by the Educational Psychologist team from Nottinghamshire County Council who work with schools to provide advice and support on a variety of topics including emotional health and wellbeing.

This workshop will be useful to all parents, but especially for those of children who are exhibiting school-based anxiety. We previously held sessions concerning general anxiety in children; however, we recognise the increasing concerns felt by parents and children around school-based anxiety and how this impacts upon attendance in school. Therefore, if you previously attended the anxiety workshop, this workshop would be beneficial to you.

So that we have an idea on numbers, if you would like to attend, please complete and return the slip attached. If you have any specific questions which you would like to raise in the interim, please do not hesitate to contact me via the school office.

Kind Regards

L Johnston

Lizzie Johnston
SENCO

Parent/Carer Anxiety Workshop – Thursday 21st November 2024

Child's Name: Class:

I will/ will not attend the parental workshop on Thursday 21st November 2024

Signed.....(Parent/Guardian) Dated :

