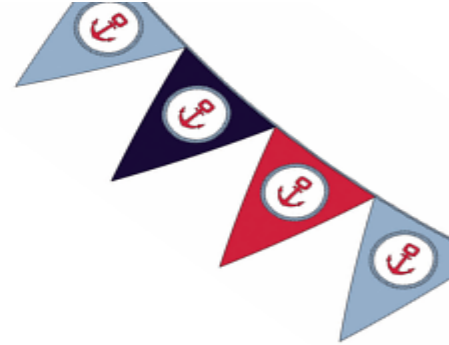




MERIDIAN COMMUNITY  
PRIMARY SCHOOL  
AND NURSERY  
Learning for Life



## Workshop for Parents

with Katy Tutton & Lily Stevanovic



A helping hand with your mental health  
**me & my mind**  
East Sussex Mental Health Support Team

Come and find out how to Help and Support Your Child with  
**Thriving Through Change**

Good afternoon everyone,

Following a very successful and useful session on supporting your child through transitions last week, I wanted to remind anyone who was not able to join us that we are running the session again next Wednesday, 6th May from 4-5:30pm.

The workshop is targeted towards supporting children through transitions, both to secondary school but also between classes/key stages in school. The strategies shared and support the MHST can offer can be adapted to support any child at any stage of their school journey and I would recommend this to any parents who want to be able to best support their child in the coming months as they begin to think about 'moving on'.

We would love to see as many of you as possible and if you would like to come along, you will be very warmly welcomed.

To book your place, please click [here](#), scan the QR code below or let Toni know in the office and I can add you to our list.

Best wishes,

Mrs Newth

Assistant Headteacher - Inclusion

**Headteacher - Claire Westcott**  
Roderick Avenue North, Peacehaven  
East Sussex BN10 8BZ  
**Telephone:** 01273 584212  
**e-mail:** office@meridian.e-sussex.sch.uk  
**web:** www.meridianschool.co.uk

