

# South Bersted CE Primary School

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Headteacher: Mr Noel Goodwin

14<sup>th</sup> April 2026

Dear Parents and Carers,

Following on from our Parent/Carer Questionnaire that was sent out in January, I am pleased to be able to offer the workshop **Supporting My Child with Their Worries and Managing Our Worries as Parents**. This workshop will be run by the Dedicated Schools Team.

**Aims of the Workshop:** This workshop offers techniques for helping children manage worries and build resilience, while also supporting parents with their own anxieties.

**Date:** 18<sup>th</sup> May 2026

**Time:** 2:00 – 3:00pm

To register for this workshop, please book a place via MCAS, you will find it under the 'Products' tab.

Kind regards

Mr Goodwin  
Headteacher

West Sussex County Council

