

# South Hill School Coffee Morning

**'Building Character, Learning Together'**



We are here to help!



## Topic: Understanding and Supporting Childhood Anxiety



Tuesday, 20<sup>th</sup> May



8.40-9.40 am



Computer Suite (Enter via KS1 door)

Please join us for a relaxed and supportive coffee morning, focused on childhood anxiety:

- Regulating emotions
- Building resilience
- Coping with phobias, social anxiety and separation anxiety

This is a space for parents to connect, share tips and experiences and gain practical tools for supporting their children's mental health.

Our Pastoral Support Assistant, Miss Iroegbu, and the Senior Assistant Headteacher & Inclusion lead, Mrs Donley, look forward to seeing you.



Extended family members and younger siblings are welcome.

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