

26 February 2019

Dear Parent/Guardian

**Emotion Coaching Information session (for parents of year 7 students only)
Tuesday 12 March 2019, 6:00pm to 7:00pm - Upper School Hall**

This academic year Westfield Academy has teamed up with Sompar (Somerset Partnership) and the NHS for the SHARE (Secondary Health And Resilience Education) project. This project has been designed to support schools in promoting emotional wellbeing, good mental health and helping to build resilience in our young people.

All year 7 students will take part in a workshop lasting one hour on Tuesday 12 March 2019 with our SHARE support workers, Gail and Claire, presenting the sessions to them.

We would like to extend the opportunity for you to come along in the evening and find out what your children have been learning. This will also help support you in managing your child's emotional health and wellbeing.

I look forward to seeing you there.

Yours faithfully



Mrs J Coles
Designated Safeguarding Lead



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