



# Orleans Primary School

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Friday 2nd February 2024

Dear Parents and Carers,

As part of our work with the Richmond Mental Health Support Team (MHST) we now have access to some wonderful resources around Mental Health that we would like to share with you. Below you will find a number of webinars which are being provided by the Mental Health Support Team (MHST) to support families within schools.

In the third and fourth columns of the table below, you will find the sign up links.

Helping children with ...	Overview of webinar	Morning 9am	Evening 6pm
<b>Sleep</b>	The ' <b>Helping Children with Sleep</b> ' webinar introduces a number of key concepts and strategies to support you in creating a healthy bedtime routine for your child. This webinar focuses on the importance of sleep due to its impact on child development and wellbeing, and explores key components in enhancing sleep quality.	28th February 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSc1JuaLvNUCnxm0N-CbmEoazkHC17ISwH3vYEK8GI_xrRUr7A/viewform">https://docs.google.com/forms/d/e/1FAIpQLSc1JuaLvNUCnxm0N-CbmEoazkHC17ISwH3vYEK8GI_xrRUr7A/viewform</a>	27th February 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSeD9PZ-DDFPRfPnkn_9fVIRv361Bx1hwGr1lDnZnBoJuQr1XA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSeD9PZ-DDFPRfPnkn_9fVIRv361Bx1hwGr1lDnZnBoJuQr1XA/viewform</a>
<b>Worries</b>	In this workshop you will learn to help your children to deal with big feelings, worries and fears. The workshop will give you practical ideas on how to help your child to think more positively and develop their self confidence. You will also be introduced to some helpful cognitive behavioural therapy concepts.	8th March 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSfb1zfWQvzQQpxkgVkJkb4o-lXw0le_OW_ndxndO7JysfCPMw/viewform">https://docs.google.com/forms/d/e/1FAIpQLSfb1zfWQvzQQpxkgVkJkb4o-lXw0le_OW_ndxndO7JysfCPMw/viewform</a>	7th March 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSdrBI057IOF00_xohu6vNV0Eji_A5PsMn7QzvUW8JsEsjJHvA/viewform?pli=1">https://docs.google.com/forms/d/e/1FAIpQLSdrBI057IOF00_xohu6vNV0Eji_A5PsMn7QzvUW8JsEsjJHvA/viewform?pli=1</a>

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<b>Resilience</b>	This workshop will support you in understanding how children develop resilience and coping skills and what you can do to help them be the most confident that they can be.	22nd March 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSeRimqumxWDcN82qr92q_SiZdFkyv0SRCBU1bg8NX_xWdINKg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSeRimqumxWDcN82qr92q_SiZdFkyv0SRCBU1bg8NX_xWdINKg/viewform</a>	21st March 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSfv9ZLoxM6EYANXNHHDsLSiQrJnjiSYPErvmASeZAb6MxdZw/viewform">https://docs.google.com/forms/d/e/1FAIpQLSfv9ZLoxM6EYANXNHHDsLSiQrJnjiSYPErvmASeZAb6MxdZw/viewform</a>
<b>Friendships</b>	In this workshop we will learn how to support our children develop their friendship skills: learning to communicate better, repair difficulties, and negotiate solutions when relationships between peers are tricky.	19th April 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSdRvmRZ29X55zi8f4xyAzY79QLTNnRzUtvxRufzp7eWS68w6g/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdRvmRZ29X55zi8f4xyAzY79QLTNnRzUtvxRufzp7eWS68w6g/viewform</a>	18th April 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSft4N0weYHWzIqcY2TkrGFZVgSuEl6enUt2WmK-EbOwjCavJg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSft4N0weYHWzIqcY2TkrGFZVgSuEl6enUt2WmK-EbOwjCavJg/viewform</a>
<b>Challenging Behaviour</b>	Children often communicate their needs through their behaviours. This webinar will help you to learn about different factors that can impact children's behaviours, build or strengthen positive relationships by reinforcing the importance of focussing on giving positive attention. You will also learn strategies to establish home rules and boundaries and create a safe and structured environment for your children.	17th May 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSddc5eLbOi-w8scMfzzIBU-9-PUW4AqpFZ17G18dVfJrSvqZA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSddc5eLbOi-w8scMfzzIBU-9-PUW4AqpFZ17G18dVfJrSvqZA/viewform</a>	16th May 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSe-7gC6Hr6WhnCZ2L88cJDNQbL65nC2Vc1yaYi8oF7FjS00Hg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSe-7gC6Hr6WhnCZ2L88cJDNQbL65nC2Vc1yaYi8oF7FjS00Hg/viewform</a>
<b>Screentime</b>	In this workshop we discuss the positive and negative impact of screen time and gaming on a child's mental wellbeing. We will share the recommendations for screen time based on age, how to have this conversation with your child in a positive and effective manner and a simple and effective way to manage screen time.	6th June 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSdzWYKraZ1UiE87CyY_OFXhuVh2juUIT-qsy5-dE3BZMjWGIw/viewform">https://docs.google.com/forms/d/e/1FAIpQLSdzWYKraZ1UiE87CyY_OFXhuVh2juUIT-qsy5-dE3BZMjWGIw/viewform</a>	5th June 2024 <a href="https://docs.google.com/forms/d/e/1FAIpQLSexVMVpVrS8nCUqAfIZmlgcTA0i7HzcEWazRQAae37N3Rrz_Q/viewform">https://docs.google.com/forms/d/e/1FAIpQLSexVMVpVrS8nCUqAfIZmlgcTA0i7HzcEWazRQAae37N3Rrz_Q/viewform</a>

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Please click on the links and sign up if you feel they would be useful to you and your family.

Thank you for your support and very best wishes,

Lorna Barks  
ELSA, Welfare and Family Liaison Lead