



Mesne Lea Primary School

Working together for individual excellence

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04 February 2021,

Online Wellbeing Session

Dear Parents/ Carers,

I hope that you are well as we are nearing to the end of this half term.

At Mesne Lea, we regard the mental health of our pupils and families as being of paramount importance. We would like to introduce a new initiative to support you during this difficult time.

Our Specialist Educational Psychologist in Salford, Dr Stephanie Pipe, will be delivering a wellbeing workshop, open for everyone. The 1-hour session will focus on:

- The importance of your wellbeing
- The importance of children's wellbeing
- Things everyone can try at home to support wellbeing

The session will take place on Microsoft Teams on **Tuesday the 9th of February at 09:30am.**

If you would like to take part, please email mesnelea.primaryschool@salford.gov.uk and we will forward the Teams invite to you.

Thank you for your support.

Best wishes,

A Nelson

Ms Nelson
Headteacher

Miss Berry
Mental Health and Wellbeing lead

