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A Learning Ladder for Life

3rd March 2022

Dear Parent/Carer,

RE: Invitation to Understanding and Supporting your child with fears and worries

South Borough Primary School alongside the Emotional Wellbeing Team invite you to an information sharing session on 'Understanding and supporting your child with fears and worries'. This is a fantastic opportunity to gain an understanding and be able to offer support to your child with fears and worries.

Date: Wednesday 23rd March 2022

Start: Arrive at 1:35pm for a **1:45pm start**. Please arrive at gate 3 (nearest parent carpark)

End: 2:45pm

The session will focus on the following areas:

1. *What is anxiety?*
2. *When is anxiety helpful?*
3. *When is anxiety unhelpful?*
4. *Ways of dealing with unhelpful anxiety*

[Please can you let us know if you are able to attend by completing this form.](#)

<https://forms.gle/WSVusn3y1BuhEAU46>

Yours sincerely,

Ms N Parkhouse

Family Liaison Officer

Stagshaw Close, Postley Road, Maidstone, Kent, ME15 6TL

Trust Principal: Mr J Whitcombe MA

Director of Primary : Mr M Wilson

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