

17<sup>th</sup> October 2018

Dear Parent/Carers,

We understand that it isn't just our students that are affected by stress. At The Jubilee Academy, we appreciate that you as a parent or carer might also be affected by stress that can impact on family life. With this in mind, we have planned a 6-week programme of 'Wellbeing Workshops for Parents'.

Our Wellbeing Workshops for Parents' is not a parenting course, although as a result of joining this group you might feel that you can parent better. This is about self-care and learning new strategies to help with the daily pressures of having a family and everything else besides.

Do you have one hour free each week to share experiences and gain knowledge with other parents and carers, in a relaxed, safe and confidential environment? The workshops will run every Wednesday morning, every week for 6 weeks, between 11:35am and 12:35pm.

Various topics will be discussed each week, facilitated by a qualified mental health and wellbeing expert and mindfulness teacher.

Topics include:

- Self-care
- Mindfulness
- Wellness tools
- Managing stress
- Physical health
- Supporting the family
- Raising parents' awareness around social media and cyber bullying

We hope that this course might help you:

- Feel happier, calmer and more fulfilled
- Get on better with others, including family and colleagues
- Increase resilience in the face of stress and difficulties

This is an excellent opportunity to gain important information about mental health and how to support your wellbeing. Please let us know if you can attend, call 0203 096 1221 or email [info@thejubileeacademy.org.uk](mailto:info@thejubileeacademy.org.uk)

Kind Regards,



Deputy Headteacher  
Outreach, Extended Services & Safeguarding

**HEAD OF SCHOOL**  
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