



**Kemnal
Technology
College**

Date: 07/02/2023

Dear Parents/ Carers,

RE: 'What's in Your Stress Container?' Mental health work shops

As part of Children's Mental Health Awareness Week (6-10th Feb 2023) students have been invited to engage in various targeted workshops and events to support their needs. Your son/daughter has been invited to attend '*what's in your stress container?*' run by Now and Beyond. This session enables participants to explore what might cause them stress, understand the brain's response to anxiety and learn techniques to calm oneself when anxious, as well as think about regular practices to maintain and promote mental health and wellbeing. As there are limited spaces for this opportunity, please ensure your son/ daughter is in school and ready to attend the session. The session will be from **9.45am – 11am on Wednesday the 8th of February.**

All students will also be invited to attend a universal mental health awareness workshop run by Bromley Y on **Thursday the 9th of February.**

If you have any questions or concerns about these arrangements to support your son/ daughter outlined above, please do not hesitate to contact the school.

Yours faithfully,

**Miss Brenson
SENDCO**

www.ktc-tkat.org

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