

8 March 2023

Dear Parent/Guardian

Maiden Erlegh School in Reading (MER) Community Workshop and Drop-in Sessions

This academic year, we introduced our MER Community Workshop and Drop-in sessions. The purpose of these is to provide support and information for the parents and carers within our community in an informal manner, where parents/carers feel able to ask questions throughout. These sessions will cover a variety of academic and pastoral areas and are open to the parents/carers of current Maiden Erlegh School in Reading students and those prospective parents from our local primary schools. We would like anyone who feels they may benefit to attend these.

Our next event is on Tuesday 21 March from 5:30 – 6:30pm. This will take place at Maiden Erlegh School in Reading, Crescent Road. This session will have four different sessions available for parents:

- **Young Carers:** A session to learn about Young Carers and what support we can offer your son/daughter
- **Mental Health Support Team:** Does your child sometimes experience low mood, worry or struggle to regulate their emotions and behaviour? Do you sometimes want to reach out for help but don't know where to go? The Mental Health Support Team (MHST) can help you and your child by providing 1 to 1, group and parent interventions to support emerging and mild mental health needs. We work with Maiden Erlegh Reading to facilitate a whole-school approach to emotional well-being, which can help improving your child's resilience and giving them self-help tools to regulate their emotions and problem-solving strategies. If referred directly, we can also work directly with you to support you as a parent, or your child.
 - Want to know how you can get this help? See our website: www.brighterfuturesforchildren.org/MHST – where you can make a referral.
 - We are here to help you and your child so never be afraid to reach out!
- **Cost of Living Support:** A colleague from Launchpad will be offering advice and support around cost of living and resources that may be available to help
- **Personal Development:** Understanding Personal Development at Maiden Erlegh School in Reading

Each session will last approximately 20 minutes to allow you to attend multiple sessions if you wish to do so. There is no obligation to attend all sessions, however we want to offer a variety for our community so that you are able to select the sessions that are most relevant to you.

We look forward to welcoming you at our MER Community Workshop and Drop-in over this coming academic year.

Yours sincerely



B Davies
Assistant Head Teacher