

Ghyllside Primary School

Gillinggate, Kendal,

Cumbria.

LA9 4JB

Tel: 01539 814930

Email: admin@ghyllside.cumbria.sch.uk

Headteacher: Mr.H.B.Davies (BA. Hons)

27th November 2019

Dear Parents/Carers

I Matter Introductory Workshop Thursday 5th December **2.15pm Conference Room, 5.00pm or 7.00pm Reception Classroom**

Have you ever found yourself at a loss about how to help your child? Fed up with constant demands and 'I wants'? Feeling stressed? Wanting to strengthen your family relationships ready for the 'teenage' age? At the Workshop you can find out a bit more about this.

In the Introductory Workshop we will discuss the different symptoms of stress and wellbeing. Discuss how this looks in your home for you and your children. There will be a free series of videos giving you a brief taster of I Matter ideas.

"Thank you for the way this course has helped myself and my husband work better together to support our child's need. It has been invaluable, helped us as a family feel back in control and better equipped to deal with life's challenges!"

If you are interested in coming please fill in the slip below and give it back to the Reception Team or come for a chat if you want to know more.

Thank you for your continued support.

Gill Mason ☺

I Matter Introductory Workshop – Thursday 5th December 2.15pm, 5.00pm or 7.00pm

Yes, I wish to attend the Workshop (please delete as appropriate)

2.15pm Session

5.00pm Session

7.00pm Session

Name of Child:

Names of Parent/Carer: Signed:

Contact Number:

