

# ABBOTSWOOD JUNIOR SCHOOL



'Helping **everyone** achieve their best'



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Headteacher: Mr G Moore

'It Really Does Matter'

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17<sup>th</sup> October 2023

## Free MHST Training

Dear Parent and Carers,

As some of you may be aware from previous communications, Abbotswood has been working very closely with the local Mental Health Support Team (MHST) helping to provide support for both pupils and families.

There is an opportunity to join an online training module this Thursday evening (19th October) via Zoom with a member of the MHST. This training session focuses on 'Overcoming Childhood Anxiety' and is aimed at understanding and managing anxiety in children under the age of 12.

Please see attached flyer for more information about how to join the session as well as the timings.

Kind Regards,

**George Adams**  
**Senior Mental Health Lead**