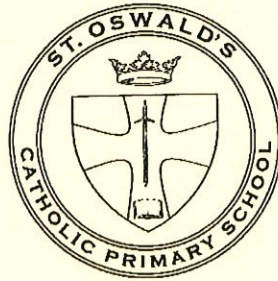




INCLUSION
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ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

Email: office@st-oswalds.liverpool.sch.uk

www.stoswaldsschool.com

Headteacher: Mrs. M. Walsh

Montague Road

Liverpool L13 5TE

Telephone:

0151 228 8436

Dear Parents / Carers

As part of the Children's Mental Health week, we would like to invite you to our Healthy Communications event on **Wednesday 5th February 2020 @ 9.00am – 10.00am.**

This session will look at strategies to support communication with your children around mental health and wellbeing. Life often throws challenges our way and it's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. Lots of research has been done around talking therapies to help with mental health and wellbeing. So come and learn various ways to communicate with your child to keep the dialogue between you flowing.

It would be great to see you but as always there is a limited number of places available which will be allocated on a first come first served basis.

Please return the attached reply slip on Monday 3rd February 2020.

Yours sincerely

Mrs Hyland / Miss McKenna
Family Liaison Officers

Healthy Communications

I would like to attend the parent's **Healthy Communications** session on **Wednesday 5th February 2020 at 9.00am in Infant Hall.**

Name of Child Class

Parents Name Contact number

Signed Date