



St. Andrew's CE
Primary School

Littlemoor Road,
Weymouth,
Dorset DT3 6AA
Telephone: (01305) 832346
Fax: (01305) 834317

Website: www.standrewswey.dsaf.org.uk
e-mail: office@standrews.dsaf.org.uk

Headteacher: Mrs Clare Tantrum, BSc (Hons)

Wednesday 9th September 2026

Dear Parents and Carers,

We are pleased to share a number of upcoming workshops that will be delivered at St Andrew's by the Mental Health Support Team (MHST).

The MHST works alongside schools to support children and young people with their emotional health and wellbeing. As part of their work, they provide information, advice and practical strategies to help parents and carers support their children at home. The MHST will also be working directly with classes across the year on age-appropriate themes including change, goals and motivation, understanding worry, and getting to know and understand our feelings.

We have arranged the following parent workshops across the year:

Parent Workshop - Supporting an Anxious Child
Wednesday 30 September - 8:50am

This session will focus on understanding anxiety in children and will provide practical strategies to help parents and carers support children when they are feeling worried or anxious.

Parent Workshop - Supporting Children's Sleep
Wednesday 25 November - 8:50am

This session will provide practical advice and strategies to support healthy sleep routines and help parents understand some of the common difficulties children can experience around sleep.

Parent & Child Workshop - KS1 Joint Parent and Child Emotion Workshop
Wednesday 20 January - 2:15pm

This session is for KS1 children and their parent/carer to attend together. It will provide an opportunity to explore emotions and develop practical strategies that children and adults can use together to support emotional wellbeing.

Parent Workshop - KS1 Foundations to Wellbeing
Wednesday 17 March - 8:50am

**Making a difference: for good, with each other,
everyone, in our community.**
'Let all you do, be done in love'
1 Corinthians 14.





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This session will focus on some of the important foundations that support children's emotional wellbeing, giving parents practical ideas and strategies that can be used at home.

We would love to see as many of our families as possible at these sessions. They are a valuable opportunity to hear directly from the MHST, ask questions and develop strategies that can support your child's wellbeing.

Please could you register your interest below if you are considering attending any of these workshops.

<https://forms.cloud.microsoft/e/QsvmzTEfcW>

You can find out more about the Dorset Mental Health Support Teams here:

<https://camhsdorset.org/about-camhs/mental-health-support-teams-mhsts>

Thank you for your continued support.

Kind regards,

Jay David

Deputy Headteacher and SENDCo



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