



Dear parent / guardian

We would like to make you aware of an upcoming workshop being hosted at Hillside by the NHS Mental Health Support Team. The workshop is called “Manging Anxiety” and is open to parents from all year groups who would like tips and strategies to support their children with anxiety.

Most children and young people will behave in challenging ways at some point. Feeling upset, angry, stressed or disappointed is a normal part of life. Because we develop our ability to manage our emotions as we grow up, children and young people do sometimes act out when they’re going through big feelings. In response to their emotions, they may display a range of behaviours. Most children and teenagers will also push boundaries as they test their independence.

But sometimes, challenging behaviour can become more frequent and difficult to deal with. It may start to have an impact on someone’s day-to-day quality of life, on relationships and learning at school, and on other family members.

Examples of challenging behaviour include:

- having lots of angry outbursts or ‘tantrums’
- regularly shouting, swearing, hitting, biting or kicking
- kicking, hitting, smashing or damaging things in the home
- regularly refusing boundaries and routines, including not wanting to respond to reasonable requests
- being impulsive and taking physical risks
- blaming others for their behaviour
- being unkind towards others

The workshop takes place on Friday 3rd May 9am – 10am. There will be an opportunity to speak to the Mental Health Support Team staff at the end of the session to ask any specific questions or advice.

To book your place on this workshop, please follow the link on the QR code. Limited places are available so please book your place as soon as possible.



Yours sincerely

<https://tinyurl.com/25nsbe7c>

Mrs Jones

Assistant Vice Principal