



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 "Behaviour that Challenges" and is open to parents from all year groups who would like tips and strategies to promote positive behaviour changes in their children.

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 Thursday 18th April at 3.15pm – 4.15pm. 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



HILLSIDE
HIGH SCHOOL

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BEHAVIOUR THAT CHALLENGES WORKSHOP WITH THE MENTAL HEALTH SUPPORT TEAM



THURSDAY 18TH APRIL
3.15PM- 4.15PM

Come along to the parent and carer Behaviour that Challenges workshop; delivered by the Mental Health Support Team

This informative workshop provides tips and strategies to promote positive behaviour changes in children

SEE YOU THERE!