



Westcroft

Stanhope

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Head Teacher: Mrs D Cross

School Number 840 3087

Dear Parent/Carer

22nd January 2024

Re: Anxiety Awareness

Myself and Mr Storey have recently attended a course on how to support children who are suffering from anxiety which impacts on their ability or willingness to attend school.

As a result of that course we arranged for Investing In Children to attend school on Thursday 18th January 2024 to deliver a whole school assembly on anxiety which covered the following areas:

- What is anxiety?
- Why do all humans get anxious at some point?
- How does it physically feel when we are anxious?
- What can we do to manage those feelings?

Michelle from Investing in Children read the children a lovely story from a book called Ruby's Worry by Tom Percival which I would highly recommend for parents.

In addition, I have arranged some training for the staff team on how we can support children suffering with anxiety when they are in school.

Durham Family Hub is also offering a course for parents/carers called Fear Less which provides advice, support and strategies for how to support your child if they are feeling anxious. Family Hubs can be contacted on 03000 261 111 or via the website at:

www.durham.gov.uk/helpforfamilies

There are also some useful documents available on the school website.

Yours sincerely

Mrs D Cross

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Head Teacher

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