

Wintringham Primary Academy

Part of The Diamond Learning Partnership Trust
Established in the Queen's Jubilee year 2012

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CEO: Mr Jonathan Lewis
Executive Headteacher: Mrs Tracy Bryden

2nd October 2026

Dear Parents and Carers

We are pleased to invite you to a parent information session delivered by a member of the Mental Health Support Team, Ellie Bullen-Smith, from Cambridgeshire Community Services NHS Trust.

Supporting Your Child with Behaviour

Date: Friday 6th November

Time: 9:00am

Location: Wintringham Primary Academy - please enter through the main entrance.

Babies and pre-school children are welcome to attend with you.

This session is designed to help parents and carers develop a greater understanding of their child. During the session, the Mental Health Support Team will:

- Provide you with information to increase your understanding of your child.
- Talk about how to recognise when your child may be feeling overwhelmed and identify some of the possible reasons they may be struggling.
- Introduce some strategies to help your child manage these big feelings.

Future Parent Information Sessions

We are also pleased to offer the following sessions:

- **Friday 26th February 2027, 9:00am** – *Emotional Regulation*
- **Friday 18th June 2027, 9:00am** – *Anxiety*

We hope you will be able to join us for these valuable sessions and look forward to welcoming you on Friday 6th November. Please could you email the office if you decide on joining us.

Yours Sincerely



Maxim Hall
Mental Health Team Lead
On behalf of Wintringham Primary Academy (part of TDLPT)

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