

Wintringham Primary Academy

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

Nuffield Road, St Neots, Cambridgeshire, PE19 0AW
Tel: 01480 595885 email: office@wintringham.cambs.sch.uk

CEO: Mr Jonathan Lewis
Executive Headteacher: Mrs Tracy Bryden

5th June 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 Fears and Worries

Date: Friday 12th June

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 anxiety in children. During the session, the Mental Health Support Team will:

- Explain how to recognise when your child may be feeling anxious.
- Explore some of the possible reasons why children experience fears and worries.
- Increase your understanding of how anxiety can affect children.
- Introduce practical strategies and approaches to help your child manage anxious feelings.

The session will provide useful information, guidance, and opportunities to reflect on ways you can support your child's emotional wellbeing at home.

Future Parent Information Sessions

We are also pleased to offer the following sessions:

- **Friday 6th November 2026, 9:00am** – *Behaviour*
- **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 12th June. Please could you email the office if you decide on joining us.

Yours Sincerely



Maxim Hall & Beth Hopkins
Mental Health Team Leaders
On behalf of Wintringham Primary Academy (part of TDLPT)

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