



West Park

'A caring school where we put pupils and their achievement first'

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17th January 2025

Dear Parent/Carer

We would like to make you aware of our parent workshop that will be facilitated by Bridge the Gap and will take place online. Bridge the Gap are a children's mental health organisation based in Derby who we work with to offer support to the parents of our pupils.

Parents and carers who are having to manage and navigate the symptoms of anxiety in their children are invited to join the Supporting an Anxious Child online workshop, via Microsoft teams, on Monday 10th February 6:00 p.m. - 7:00 p.m. Information and advice will be delivered by Jennifer Wyman (a director at Bridge the Gap). This will include an interactive workshop full of advice and support specifically tailored to parents who are supporting an anxious child.

You can find out more information about Bridge the Gap here: [Child Mental Health Support | Bridge the Gap | Derby England | Emotional Literacy \(jwbridgethegap.com\)](#)

Bridge the Gap have previously attended West Park to run other workshops that have been well attended by parents and carers. We will also be running a further parent workshop on Monday 24th March which will focus specifically on examination stress that will be open to the parents and carers of children in all year groups. This session will take place in-person in the school hall. We will send additional information regarding how to sign up for this session at a later date.

To sign up for the supporting an anxious child workshop on Monday 10th February, please use the online form on this link <https://www.formlets.com/forms/7pNOaRFtDtU7lGuO/> by 3:00 p.m. on Thursday 6th February. Once signed up, you will be sent an MS Teams invite to access the workshop from home. **Please can we kindly remind you that this will be a parent only event so that parents have the opportunity to ask questions and seek advice in a more confidential setting. Thank you.**

May I also take this opportunity to remind you of the Mental Health and Wellbeing section of our school's website. You will find a large amount of information and support in the different sections of the site. In the Parents' section you will also find information on how to access the other online resources we are able to provide by partnering with Bridge the Gap. You can click the link to access it here - [West Park School](#)

Kind regards

Gemma Roberts

Gemma Roberts
Mental Health Lead