



**Be the best you can be!**

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9<sup>th</sup> May 2023

Dear Parent/Carers

MYME Enfield will be running Parents/Carers **Brain Buddies** consolidating workshop on **Thursday 18<sup>th</sup> May**. This is for parents/carers whose children took part or are taking part in the Emotional Regulation 'Brain Buddies' programme.

This workshop will help parents/carers develop a shared understanding of Brain Buddies strategies, giving families valued opportunities to discuss and practice skills in the future with their children at home; keeping techniques ongoing, helping pupils manage and regulate their emotions in future scenarios.

Delivering the workshop will be School Wellbeing Practitioners. They are part of MYME, created as part of the Government's scheme to increase emotional wellbeing and mental health support to children and young people.

Please confirm your attendance via the teams form

We look forward to seeing you all at the workshop. If you have any questions, please do not hesitate to contact me.

Kind regards

**Anastasia Neocleous**

**Deputy Headteacher**

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