



Spalding Parish Church of England Day School

Wholly inclusive, striving for fulfilment, empowering the flourishing of our world

19th December 2024

Dear Parent/Carers,

Parent Support Group

I am writing to you to tell you about some exciting things that are going to be happening over the course of the academic year ahead. As a school, we are trying to raise awareness of the importance of positive mental health and well-being for all. It has always been a priority for staff in school but we are aware there has been a significant rise in difficulties for children and their families over the past few years.

Many of you will know me as our school's Special Educational Needs Coordinator but I do also hold a variety of other roles within school. I oversee Inclusion, therefore mental health, well-being and behaviour are also key strands of my position in school. I find that in this role, I have many discussions with parents regarding the same worries daily, such as: children displaying challenging behaviour at home, children becoming anxious, parents needing support for their own well-being and much more.



As a school, we are eager to put as much support in place as we possibly can for families, whether this be by holding personalised workshops, beginning a parent support group, or inviting external agencies into school to work with parents. Below are some key dates that we have put into our school calendar which we hope to see many of you attend.

We would like you to know that as a school, we are always here for your children and you as parents. Our door is open for you to share any worries with us. We can help signpost you to supportive agencies, give advice and be a listening ear. If you have any concerns about your child's well-being, or your own as a parent, please do reach out via the following methods and we will endeavour to support you as much as we can. You can contact us via enquires@spaldingparish.laat.co.uk or send@spaldingparish.laat.co.uk or call the front office on 01775722333. If you are interested in joining us for any of the events listed below, please contact me so I can secure you a space, or please do feel free to just come to any of the sessions listed above as want this to be as helpful for as many people as possible.



Clay Lake, Spalding, Lincolnshire, PE11 2QG

Tel: 01775 722333

enquiries@spaldingparish.laat.co.uk

Follow us on Twitter: @SPCEDS

Head Teacher: Diane Mulley

Events planned in so far this year:

[10th January 2025 2-3pm: Parent Support Group Meetings Session 1](#)

[7th February 2025 9-10am: Parent Support Group Meetings Session 2](#)

[7th March 2025 2-3pm: Parent Support Group Meetings Session 3](#)

[4th April 2025 9-10am: Parent Support Group Meetings Session 4](#)

[9th May 2025 2-3pm: Parent Support Group Meetings Session 5](#)

[6th June 2025 9-10am: Parent Support Group Meetings Session 6](#)

[4th July 2025 2-3pm: Parent Support Group Meetings Session 7](#)

Our parent support group sessions are going to be relaxed, positive sessions where parents will be given the opportunity to come and grow a support network and build friendships. The sessions will be a mixture of school led, discussion based, parent-led and external agency led. Some sessions may just be opportunity to share coffee, cake and catch-up, and some will be targeted focussed sessions. We want these sessions to be beneficial to all, so we will let you lead us with regards to the content delivered in the session which we can discuss in the first meeting. I really want this group to be successful, so please do sign up and become part of something special. The more people that come, the better the impact for us all will be.

[30th January 2025 7-9pm: Promoting Positive Behaviour Workshop Part 1](#)

[24th March 2025 7-9pm: Promoting Positive Behaviour Workshop Part 2](#)

We warmly invite all parents to our Promoting Positive Behaviour evenings. We are working with the Lincolnshire Parent Carer Forum to share some fantastic courses they deliver for parents. We are going to open school at 6:30pm, provide refreshments and a safe space to talk about difficulties families may be facing at home with regards to challenging behaviour. We are aware as a school that lots of children are experiencing difficult times which can cause changes in behaviour at home. We want to gather parents together to share experiences, give advice and listen to each other. The sessions will be a mixture of an online session delivered by LPCF, which will be facilitated in school, and we can chat together during the course of the evening. The sessions are linked so attending both will have the most impact for you all. Due to the sessions above being an evening session, we are offering a childcare option so that you are hopefully able to attend. We know it is a late night, so we will provide a cosy cinema evening for the children. Children are welcome to come in their pyjamas or comfy clothes for a film and snack.

I look forward to seeing you all there and working closely with you all in the future. Please do come along and see what is on offer, we are really excited to launch these sessions.

Kind regards,

Charlotte Hardy

Assistant Head Teacher/Special Educational Needs Coordinator



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