

3 November 2025

Dear Parents and Carers,

As part of our ongoing commitment to supporting the wellbeing of our pupils and families, we continue to work closely with the Mental Health in Schools Team (MHST) here in Southampton. We are pleased to offer a free workshop for parents and carers titled, "Understanding Challenging Behaviour"

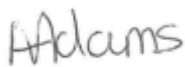
This practical and informative session will explore what behaviour is and why children may sometimes display behaviour that is challenging. The aim of the workshop is to provide you with greater insight into your child's behaviour, along with helpful strategies and tools you can use at home. It will take place at Portswood Primary School on Wednesday 3 December 2025 9:00am-10:00am.

If you are interested in attending, please click on the link below and complete the form to register your interest. Spaces may be limited, so we encourage early responses.

We hope you can join us for what promises to be a valuable and supportive session.

<https://forms.office.com/e/y4FMNdSfJH>

Kind regards,



Anna Adams
Assistant Headteacher – SENCO & Safeguarding