

9 March 2026

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, "Introduction to anxiety"

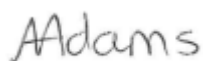
This practical and informative session will explore what anxiety is, when it becomes a problem and what keeps it going. The aim of the workshop is to provide you with ideas and skills to help manage your child's anxiety. It will take place at Portswood Primary School on Monday 23 March 2026 - 9:00-10:00am.

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.

[Introduction to anxiety workshop – Fill in form](#)

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

Kind regards



Anna Adams
Assistant Headteacher - SENco