



27 February 2026

Dear Parent/Carer

Let's All Talk Mental Health – Spring Update

Welcome back after the half-term break.

Let's All Talk Mental Health returns this March with a new series of live, expert-led webinars designed to support parents and carers through the realities of raising teenagers today.

This Week

This week's session, *Overwhelmed Teens: Anxiety, Avoidance and Finding Your Parental Authority*, with resident Clinical Psychologist Dr Sarah-Jane Knight, offered reassuring, practical guidance for parents whose teens are struggling with stress, emotional outbursts and school avoidance. It was an honest and thoughtful conversation, full of realistic strategies and clear takeaways.

You can read more in the latest blog here:

<https://www.letsalltalkmentalhealth.co.uk/blog/overwhelmed-teens-anxiety-avoidance-and-finding-your-parental-authority>

Or watch the full session here:

<https://watch.getcontrast.io/register/let-s-all-talk-mental-health-overwhelmed-teens-anxiety-avoidance>

Upcoming Live Sessions (Mondays at 8pm)

- 2 March ***From Peer Pressure to Holding Your Own***
- 9 March ***AUDHD Explained: When Autism and ADHD Overlap***
- 16 March ***More Than a Phase: Supporting Teens Affected by Trauma***
- 23 March ***Stuck in the Scroll and Avoiding Work: How Digital Habits, Procrastination, Anxiety and Healthy Patterns Shape Teen Wellbeing***
- 30 March ***How Can You Help a Child That Panics?***

These sessions offer expert insight and practical advice you can access whenever you need it, for as long as you need it.

Headteacher: Mr Paul Norman MA, MSc, BSc (Hons), PGCE

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Each live session includes 30 minutes audience Q&A time, so it offers a great chance to hear some answers. If you can't make the session live, you can email your questions to the team at hello@letsalltalkmentalhealth.co.uk - they'll do their best to get a response for you.

New to the Hub?

Please register for your **free pass** here: [\[NW 26/26 Link\]](#). After a few minutes, you will receive an email (always check your inbox & junk folders) from **Contrast** with your hub access.

Coming back to the Hub

If you've registered this academic year, you can visit the hub straight away: [LATMH hub](#). For any assistance with access, contact the team at: hello@letsalltalkmentalhealth.co.uk.

We hope the Let's all Talk resources continue to support you and your family.

Yours sincerely,

A handwritten signature in black ink that reads "Paul Norman". The signature is written in a cursive style with a large initial 'P'.

Mr P Norman
Headteacher