



NEWSTEAD WOOD SCHOOL

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THE SUNDAY TIMES

SCHOOLS GUIDE
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STATE SECONDARY
SCHOOL OF THE YEAR
LONDON

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Dear Parent/Carer,

Let's All Talk Mental Health - Easter Update

With the Easter holidays just around the corner, we wanted to keep you informed about upcoming **Let's All Talk Mental Health** sessions.

Their live webinars will run until the start of April, including one with a mental health practitioner from CAMHS on *Getting Help for Your Teen*. After this, the sessions will take a short break while we enjoy the Easter holidays.

Every Let's all Talk Mental Health live session offers ample time for anonymous audience questions, providing a fantastic opportunity for parents and carers to ask the experts directly.

During the Easter break, there is no need to feel disconnected from support. Let's All Talk Mental Health's expansive library of recorded sessions remains available, offering expert advice and insights for families to access any time, for as long as needed.

Upcoming Live Sessions:

- **Monday 31 March at 8.00pm:** *Anger, Angst and Tantrums: Teen Emotional Dysregulation*
- **Monday 7 April at 8.00pm:** *Getting Help from CAMHS: A Parents' Guide*
- **Tuesday 22 April at 8.00pm:** *Understanding Autism: A Parent's Perspective*
- **Monday 29 April at 8.00pm:** *Teens and Gaming: A Parents' Guide*

Going to miss a session?

No problem! You can email your questions to hello@letsalltalkmentalhealth.co.uk and catch up on-demand at your convenience.

New to the hub? To access these resources, please register with your free school pass here: [NW Link](#)

Once registered, visit the hub here: [Hub Access](#)

Headteacher: Mr Alan Blount, MA, BSc, QTS

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Newstead Wood School
Avebury Road
Orpington
Kent

t: 01689 853626

e: office@newsteadwood.co.uk

w: newsteadwood.co.uk



If you have any questions or need further information, please contact the team:
hello@letsalltalkmentalhealth.co.uk

Yours sincerely

A handwritten signature in black ink, appearing to be 'AB' followed by a wavy line.

Mr A Blount
Headteacher