

## NEWSTEAD WOOD SCHOOL

"creating opportunities for success"

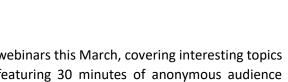


25 February 2025

Dear Parent/Carer

**Supporting Your Teen's Mental Health: March Updates** 

Welcome back after the half-term break.



LET'S ALL TALK

mental health

**Let's all Talk Mental Health** is back with its informative live webinars this March, covering interesting topics by brilliant speakers. Through these live webinars, each featuring 30 minutes of anonymous audience questions, and alongside an extensive library of over 60 recordings, you can access expert insight and advice for your teenager whenever you need it, for as long as you need it.

As you know, we have partnered with Let's all Talk Mental Health to provide this valuable resource to parents free of charge.

## **Upcoming Live Sessions:**

- Monday 3 March at 8.00pm: My Teen has low Self Esteem How can I help?
- Monday 10 March at 8.00pm: Exam Stress Helping Your Teen to Cope
- Monday 17 March at 8.00pm: Teen Suicide Prevention A must-watch for all parents
- Monday 24 March at 8.00pm: Anger, Angst & Tantrums: Teen Emotional Dysregulation
- Monday 31 March at 8.00pm: Teen Autism & your family

To access these resources, please register with your free school pass here: NW Link

Once registered, visit the hub here: Hub Access

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

Yours sincerely

Mr A Blount Headteacher

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











