



NEWSTEAD WOOD SCHOOL

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THE SUNDAY TIMES

SCHOOLS GUIDE
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STATE SECONDARY
SCHOOL OF THE YEAR
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Dear Parent/Carer

Supporting Your Teen's Mental Health: March Updates



Welcome back after the half-term break.

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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