



GODSTONE PRIMARY AND NURSERY SCHOOL

Headteacher: Mrs Jarrott-Chase BA (Hons) PGCE M.Ed NPQH

IVY MILL LANE
GODSTONE
SURREY
RH9 8NH

Telephone: (01883) 742326

Email: admin@godstone.surrey.sch.uk

Website: www.godstoneschool.co.uk

5th May 2021

Dear Parents and Carers,

We have been made aware of a free online evening course available to parents and carers in Tandridge (in addition to other areas in the East of Surrey). The course is run by Occupational Therapists.

Please see details below - including how to enrol.

I hope you find this helpful.



FREE Evening course (via zoom)

Helping Your Child To Manage Stress & Anxiety Thursday 6th and 13th May 7-9pm

This helpful, practical course run by an Occupational Therapist will help you to understand what makes children and teenagers stressed & anxious and how you can help your child/teen to develop coping strategies which may help them throughout their life.

Enrol: <https://enrolonline.wea.org.uk/Online/2020/CourseInfo.aspx?r=C3746666>

or phone 0300 303 3464 quoting C3746666.

Due to funding this course is for parents/carers living in East Surrey only, in the boroughs of Reigate & Banstead, Tandridge, Epsom & Ewell and Mole Valley.

Kind regards,

Laura Skingley

SENCo, Deputy DSL & PSHE/RSE Lead



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