

## COOMB BRIGGS PRIMARY SCHOOL

Inspire, Enjoy, Achieve



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23<sup>rd</sup> February 2022

To Parents and Carers,

On Monday 7<sup>th</sup> March Compass Go will be in school for a drop in session. During this drop in session you will be able to discuss any concerns you have regarding your child's mental health and wellbeing.

The drop in session will be between 3:30pm - 4:30pm and will be held in the hall. No appointment needed, just turn up. Drinks and biscuits will be provided.

Compass Go can support parents and children with concerns surrounding common challenging behaviours, self-harm, low mood, changes and transitions, anxiety, managing emotions, common challenging emotions and family and peer difficulties.

Compass Go is an outside agency that works with children in our school. They have been delivering 1:1 and group sessions for the past 18 months. We have now been given the opportunity to engage parents and carers through face to face drop in sessions.

After this initial drop in session, we endeavour to hold further sessions focussing on certain topics surrounding mental health and wellbeing. You will have the opportunity to express your interests during this drop in session.

Here is a link to Compass Go's website, should you wish to explore some more.

<https://www.compass-uk.org/services/north-east-lincolnshire-mhst/>

We look forward to seeing you.

Kind regards,

Mrs Dawson and Mrs Holdsworth