



St. Jude's Catholic Primary School and Pre-School

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Dear Parents / Carers,

I hope you all had a lovely summer. On Tuesday 29th September we will be holding a coffee morning at 8.50am which will include our next Back to Basics session and a visit from Mel from the Mental Health team. We are a friendly group, and everyone is welcome.

For our new Reception parents, Back to Basics is about looking after your family's wellbeing. Families all need some help from time to time due to life changes or events. As a parent or carer, we can take small steps to help your child's wellbeing as well as your own. You can do this by starting with the basics. So far, we have explored sleep, healthy eating and anxiety in children. We are always happy for parents to suggest new topics.

Please look at the following link to give you more information.

[Back to Basics | Children and Families | Hampshire County Council](#)

We really look forward to seeing as many people as possible.

Please email admin@st-judes.info to reserve a space.

Kind regards

Julie Hearnden