

3 January 2018

Dear Parent/Carer

Parenting Session: Wellbeing Support (A Better Medway)

We would like to invite parents/carers and pupils to attend a session on general health and wellbeing. This session will give you a greater understanding on what support is out there for your siblings and yourselves to “live happy, eat well and move more, with a smile”. We will be running sessions with three outside agencies who will speak for 20 mins each, informing what support they can offer, what support is out there in Medway, and answer any questions towards the wellbeing for the child/adult. Our guests are:

- **Kim Kroon – School Nurse NHS**
- **Aileen Wheatley – Sexual School Nurse – Clover Clinic**
- **Sarah Richards – Medway “Fitflix” Programme**

This session will be held on Tuesday 16 January 2018 from 5pm – 6.30pm in Room 122.

We will be opening up the session to 15-20 people; however, depending on the response another session may be organised.

Refreshments will be available

If you would like to attend the Wellbeing session (A Better Medway), please complete the slip below and return to Mrs A Noble or Mrs D Phillips by Friday 12 January 2018. We would like as many parents/carers to support their children in their wellbeing – **a smile is very important**

Thank you for your support.
Yours sincerely

Mrs D Philips
Family Liaison Office/Safeguarding Officer - Strood Academy

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(Tuesday 16 January 2018)

Name of Pupil.....

Number of children attending.....

Name of Parent/Carer

Number of Adults attending