



**PURBROOK INFANT SCHOOL**  
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School Business Manager: Hazel K Dean



29 February 2024

Dear Parents/Carers

Back to Basics is a scheme launched with schools and other health professional aimed at helping parents.

We are seeing more and more children with anxiety issues in both our schools and with Purbrook Junior School we will work together to offer our Purbrook Families support with this.

We are hoping to use the Back to Basics toolkit to help parents who are having difficulties with their child's anxiety. Anxiety is a very wide topic to cover so we will be offering support for different areas of anxiety. We are providing two drop-in sessions in our Community Room to support with this.

Are you seeing anxiety issues with your child/ren, are they having difficulty with any of the following?

- sleeping
- expressing strong emotions
- making decisions or choices

The signs that they are anxious may be:

- sleeping poorly
- battle daily routines and putting up resistance going to bed/school/leaving the house
- have big feelings and emotions which present themselves in unexpected situations

If you are experiencing any of these issues and would like to pop along to one of our drop-in sessions please do come along and have a chat and a brew. Resources, ideas and useful links will also be available. Drop-ins are taking place as follows:

Monday 11 March at 9.00am

Wednesday 13 March at 2.30pm

Both sessions will be held at our Community Room/Library at Purbrook Infant School. Please come in through the Library door.

Mrs Ginn and Mrs Johnson from Purbrook Junior School will also be present. Tea and coffee will be provided.

If you are interested in any of the drop-ins please e-mail me so I have some idea of numbers.

Yours sincerely

Mrs Jacqui King

**Family Liaison Officer**

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