



Archdiocese of Birmingham

Our Lady of Grace Catholic Academy

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Friday 2nd May 2025

MHST Coffee Morning

Dear Parents/Carers,

On Monday 19th May from 9:15-10:15am, we will be hosting a coffee morning for parents/carers, which is being led by Emily Briggs from the Mental Health Support Team (MHST).

Emily will be working with us at Our Lady of Grace in her role as an Educational Mental Health Practitioner. Her role is to support the school's whole school approach to Mental Health and Wellbeing, as well as working with pupils who may need support with things such as anxiety, low mood, sleep or problem solving.

She will be able to work with children on a 1:1 basis, in groups or even a whole class where she may provide workshops that focus on specific areas of mental health and wellbeing. Within her role, she will also work with parents to ensure that you feel confident in supporting your children's mental health and wellbeing.

The children have already met Emily before the Easter holidays, where she led an assembly to introduce herself and talk about her role. The coffee morning is a great opportunity for parents/carers to meet Emily and find out more about what services and support both she and the wider Mental Health Support Team are able to offer.

Whether or not you have specific questions/concerns regarding your child's mental health and wellbeing or you would just like to come and find out a little more information, the coffee morning is a great opportunity to do so. Plus, there will be tea, coffee, cake and biscuits!

We look forward to seeing you there.

Mrs Davis
Head of School

If you require this information in any other format, please contact the school office.

