



MASCALLS ACADEMY

Mascalls Academy
Leigh Academies Trust
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Principal: Will Monk, BSc (Hons)

Dear Parent/carer,

RE: Mental Health presentation for parents, Thursday 5th March – 5.30pm

West Kent Mind, the mental health charity has given Mascalls a wonderful opportunity to hear from Lucy Adams and Katie Moss giving us some of the most up to date insights, support and resources on the topic of adolescent mental health.

The evening is aimed at parents and will help them to understand and support their children through what can be very challenging and stressful school years. The topics being covered include:

- What is Mental Health?
- Stress / Anxiety / Depression
- Listening Skills
- Support and Resources

The evening takes place at Mascalls Academy on Thursday 5th March, please arrive so that the presentation can begin at 5.30pm.

Please sign up in order to attend by clicking on the following link:

<https://www.eventbrite.co.uk/e/west-kent-mind-mental-health-presentation-tickets-93283570671>

The places are limited and will be distributed amongst our partner primary and secondary schools so please register by no later than 28th February.

Yours sincerely

Mr W Monk
Principal

