



Eastlea Primary School

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Head Teacher: Miss E Beeston
Deputy Head: Mrs K Lister and Mrs V Stafford

May 2026

Dear Parents and Carers,

Re: Mental Health Parents/Carers Sessions

The next session in our programme of Mental Health sessions for parents/carers led by the **Be You / Primary Mental Health** team will be taking place soon. The focus will be on **'Self-esteem'** and we hope anyone who feels this might be useful is able to attend.

If you did not attend previous sessions led by the 'Be You team' this does not matter as each one is a separate input. The dates/times we have arranged are:

- **SELF-ESTEEM: Monday 18th May at 5pm or Tuesday 19th May at 9am**

The session will be repeated on the two dates/times so you have a choice about which one may be suitable to attend. *The sessions will be not be suitable for children.*

So that we have some idea of numbers, please can you complete the attached slip and return to your child's class teacher.

Yours sincerely

Miss Fox, Senior Mental Health Lead

Mental Health Parents Session – Self-esteem

I will be attending on Monday 18th May at 5pm

I will be attending on Tuesday 19th May at 9am

Signed:

Parent/carer of child(ren)s name(s):



Historic England

“Pupils enjoy their learning. They achieve well and have fun at this warm and welcoming school. The school takes every opportunity to provide rich experiences to contribute to the programme for personal development and to bring learning to life.”

Ofsted January 2025

