

Horn Park School

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Executive Head Michelle Bernard
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16th October 2025

Anxiety in Children Workshop

Dear Parents and Carers,

We are pleased to invite you to our **Anxiety in Children Workshop** which will be led by lead practitioners from the Greenwich Mental Health in Schools Team (MHST). MHST provides early interventions for children and young people with mild and moderate mental health symptoms.

This workshop aims to provide information for parents about what anxiety is, the factors that can lead to children experiencing anxiety and strategies that can be used to support them and build their confidence. In addition, the sessions hope to provide a space for parents to share their experiences with others of anxieties they have seen in their children and promote awareness of it.

The workshop will take place on **Wednesday 22nd October 2025 at 9:00am – 10:00am** in school. Please report to the school office on arrival.

Please follow this [link](#) to register your interest.

Yours sincerely,

Miss Waite
SEMH lead