



West Park

'A caring school where we put pupils and their achievement first'

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19th January 2026

Dear Parent/Carer

A huge thank you to the parents that took the time to vote with regards to parent workshops that they would like to see us offer this year. The 3 most requested topics have been allocated a date and time during the school year:

- **Building confidence and resilience.** Approaches and strategies in the home to boost the self-esteem of young people. 10th Feb 2026. 7.30-8.30pm – Location: ONLINE
- **Supporting an Anxious Child.** Navigating anxiety, worry and everything in between. 28th April 2026. 5-6pm. Location: West Park school hall
- **Navigating the world of Social Media in Teens.** A session exploring the world of socials; how to support your teens around feeling connected and still maintain safe boundaries. 16th June 2026. 7.30-8.30pm. Location: ONLINE

Parents and carers who would like to learn more about building confidence and resilience in their children are invited to join the first online workshop via Microsoft teams on Tuesday 10th February 7.30-8.30pm. Jennifer Wyman and Nikki Webster (directors at Bridge the Gap) will be running an interactive workshop full of advice and support specifically tailored to parents.

Details on how to sign up for the 2 remaining workshops (supporting an anxious child and navigating social media) will be shared with parents closer to the time that they will take place.

To sign up for the building confidence and resilience workshop on Tuesday 10th February please sign up using the following link before 3:00 pm on Friday 6th February - [10th Feb 2026: Parent Workshop - Building Confidence and Resilience – Fill out form](#). You will be sent a MS Teams invite to access the workshop from home. **Please can we kindly remind you that this will be a parent only event so that you have the opportunity to ask questions and seek advice in a more confidential setting. Thank you.**

You can also find extra information and support in the MH and Wellbeing section of the school's website. In the Parents' section there are several places that parents are able to refer their child to for support. You can click the link to access it here - [West Park School](#)

Kind regards

Gemma Roberts

Gemma Roberts
Mental Health Lead