



ST MICHAEL & ALL ANGELS C. E. (FOUNDATION) PRIMARY AND PRE-SCHOOL

Respect. Resilience. Responsibility. Confidence. Co-operation. Compassion.

11 January 2023

Dear Parent/Carer

Social Media and Wellbeing - Online Parent/Carer Workshop

We would like to invite parents and carers to a workshop we have booked for Thursday 19th January at 2pm. Although everyone is welcome to join, this workshop is specifically aimed at parents/carers of children in Year 3 and upwards

This workshop will look at social media and what it is used for by children and young people, focusing on:-

- advantages and disadvantages of social media
- how social media can impact wellbeing and cyberbullying
- the impact of social media on the brain
- responsible use
- strategies for managing online wellbeing

The workshop will be hosted by a Mental Health Practitioner at Open Minds (CAMHS).

If you would like to attend this workshop online please complete the attached form and you will be emailed the link to join. There will also be option to take part in the workshop in school; please indicate on the form if you would prefer this option.

There is lots information to support families on our website; click the following link to go to our page [Your Childs' Wellbeing](#).

If you have any questions about the content of the workshop or how to join please catch me in on the gate or phone school and leave me a message to call you back.

I hope you can join us for this useful and informative workshop.

Yours faithfully

Mrs Westby

Learning Mentor

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