



Dear Parent/Carer,

Our School Nurse, Lauren, is planning to hold a drop-in service on a Wednesday lunch time for our Year 5 and 6 children. These sessions will be 1:1 and will give our children the opportunity to discuss anything they have on their mind. This may include:

- feelings and emotions
- friendship issues
- mental health including anxiety and low mood
- exam stress
- healthy lifestyles (sleep, diet, exercise)
- self-esteem, confidence and body image

The sessions are governed by the same safeguarding expectations of all the work our School Nurse carries out. If she feels there is something that has arisen during the sessions that is a concern, she will take appropriate steps set out in her code of professional practice.

Please email the school office if you wish to withdraw consent.

Thank you so much for your continued support,

Mrs Grant

