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Head Teacher: Miss M Hilton

Dear Parents/Carers,

We invite all parents and carers to take part in a 'Understanding Mental Health' webinar, available via The National College. This short session (22 minutes) is part of our ongoing commitment to supporting the mental health and wellbeing of children and families, and offers valuable insights and practical guidance to help you feel more confident in supporting your child.

Being proactive in supporting children's mental health and wellbeing is vital. By listening, noticing changes, and creating safe spaces to talk — children feel understood, valued, and supported. Early awareness and open communication can make a significant difference, allowing concerns to be addressed before they become more serious and helping children build resilience, confidence, and healthy coping strategies for life.

To create your National College account, please follow <https://nationalcollege.com/enrol/holy-family-catholic-primary-school-1> and complete your details. When you're set up, please set 'Parent/Carer' as your user type. You can access National Online Safety online via any device- including via our brand-new smartphone app. Search for 'National Online Safety' in the App Store/Google Play Store. Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre>

Also, just a reminder to download the myHappymind app via the QR code –



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

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Many Thanks for your continued support.

Miss Loveless
Deputy Headteacher

