



October 2026

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Dear Parents and Carers

We are pleased to invite parents and carers of students in Years 7–13 to attend a Coffee Afternoon focused on Emotional Dysregulation, delivered by the Berkshire Mental Health Support Team.

The session will take place on **Thursday 22nd October, from 4.30pm to 5.30pm in the Library.**

The session is designed to provide parents and carers with practical information and strategies to help support young people who may experience difficulties managing strong emotions. It will include:

- A short 10-minute presentation
- Practical tips and ideas that you can use with your child
- Signposting to further information and support
- Time for questions and discussion
- An opportunity to meet and chat with other parents and carers and share experiences

The afternoon will be informal and supportive, with the opportunity to hear guidance from the Mental Health Support Team and discuss approaches that may be helpful at home.

To help us manage numbers, please book your place here: <https://buytickets.at/edgbarrowschool/2452109>

We look forward to welcoming you to what promises to be an informative and valuable session. If you have any questions, please do not hesitate to contact me.

Yours faithfully

Mr J Andrews
Assistant Headteacher