Friday 12th September 2025.

Dear Parents and Carers,

We are delighted to share with you details of the first two parent workshops taking place this academic year. These sessions are designed to provide support and guidance on some of the key challenges facing young people today, and to help you as parents feel more confident in how to respond.

* **Thursday 25th September, 6pm** – *Understanding Teen Mental Health*  
  Delivered by **Compass**, an experienced team who already work closely with some of our students, this workshop will explore the pressures and difficulties young people can face with their mental health and wellbeing.
* **Thursday 27th November, 6pm** – *The Dangers of Vaping: Everything You Need to Know*  
  Delivered by the **Talk About Trust**, this session will provide up-to-date information about vaping, the risks it poses, and how parents can support young people in making safer choices.

Both workshops will be held **in person at school at 6pm**. After these first two sessions, we will review how they went and decide whether to continue in person or move future workshops online.

We know that the teenage years can be a difficult time, with so many pressures and influences shaping young people’s lives. As parents, it can often feel challenging to know what to say, how to respond, and where to turn for advice. Our hope is that these workshops will offer you some useful guidance, reassurance, and practical strategies to support your child.

We are excited to be able to offer these opportunities and look forward to seeing as many of you as possible at the sessions.

Yours sincerely,

Charlotte Neves

Assistant Headteacher.

Designated Safeguarding Lead

[cneves@sph.srscmat.co.uk](mailto:cneves@sph.srscmat.co.uk)