**Health and Wellbeing Evening for Parents**

Dear Parents and Guardians:

Auchinleck Parent Council will be providing a Health and Wellbeing presentation for all parents and guardians in order to support our young people both at home and in school. This session will be run by Catrina O’Neil from East Ayrshire Council on Wednesday 18th November at 1900 hours and will be held in the Library of Auchinleck Academy.

The session will focus on the following core areas of our young peoples Health and Wellbeing and aims to help in Raising Awareness of Mental Health and Wellbeing Parent/Carer Session. This interactive session gives parents/carers an opportunity to reflect on how they can enhance their own and their child’s mental wellbeing. The parent/carers get an opportunity to work together to consider issues such as what is the difference between Mental Wellbeing/ Mental Illness and about simple steps we can take to support our young people. The session was created with support from East Ayrshire Council, NHS Ayrshire and Arran and third sector staff.

The aims for the session are shown below:-

•       Understanding of mental health and wellbeing and why it is important.

•       Be aware of ways to look after you own mental health and wellbeing and how to talk to your children about it.

•       Be aware of what is going on in schools and the community to promote mental wellbeing.

The Parent Council would greatly appreciate your attendance and hope that you will take this opportunity to join us

If you would like to attend please return the slip below or email the school by Tuesday 17 November

Sincerely,

Martin Goudie
As Chair of Auchinleck Parent Council

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**Parent Council Health and Wellbeing Evening, Wednesday 18 November 2015**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent) of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (pupil) in class \_\_\_\_\_\_

will attend the information evening on Wednesday 18 November