

Appendix 7

We regularly host wellbeing workshops for our parents and carers to help support their child/children. In 2024, SAMH delivered a session to parents about mental health and strategies to improve wellbeing. Our latest event, happening in March 2025 has a range of guest speakers to inform parents about relevant information that we are using in school to support pupils at home. Child care will be provided during the session to encourage as many parents to attend as possible, as we understand that parents have personal restrictions.

