



# Bishop's Hatfield Girls' School

Headteacher: Mr A Wood BA (Oxon), PGCE, MBA, NPQH  
Woods Avenue, Hatfield, Herts AL10 8NL T: 01707 275331

Email: [admin@bishophatfield.herts.sch.uk](mailto:admin@bishophatfield.herts.sch.uk) Website: [www.bishophatfield.herts.sch.uk](http://www.bishophatfield.herts.sch.uk)

BHGS is a company limited by guarantee Company number: 07831507 Charity number: EW01517



22nd January 2024

Dear Parents and Carers

We understand the importance of taking care of your mental health as parents and we would like to invite you to a session with our Mental Health Support Team. This session is scheduled in honour of Parent Mental Health Day on Saturday 27 January 2024.

This session aims to address several aspects related to your wellbeing and that of your family.

**Date: Friday 26 January 2024**

**Time: 3:45pm to 4:45pm**

**Location: Our school library**

Session Highlights:

- Parental Anxiety: Strategies to recognise and manage anxiety, fostering a healthier mindset.
- Evidence-Based Insights: the science and statistics underpinning mental health.
- Reducing Stigma: fostering an environment where parents feel comfortable accessing support.
- Signposting Resources: Information on available resources and pathways for further support.

The session will also include dedicated time for questions, providing you with an opportunity to engage directly with our Mental Health Support Team.

If you are interested in attending this informative workshop, please let us know by RSVPing <https://forms.gle/ZHYw5BLj9aWSgFJ8A>. Your participation will help us make appropriate arrangements.

If you have any questions or need further information, please contact us.

Yours sincerely

**Miss P Rajdev**  
**Mental Health Lead**

*"Pupils flourish and support each other to succeed"*