



# Guru Nanak Multi Academy Trust Ltd

Incorporating:  
Nanaksar Primary School &  
Guru Nanak Sikh Academy  
Founder – Sant Baba Amar Singh Ji

26<sup>th</sup> January 2021

Dear Parent

## **RE: WildHearts' Webinar**

I hope you are safe and well.

Student safety and well-being is always our number one priority and with that in mind, we acknowledge that lock down was tough on families. The stresses placed on young people and adults should not be underestimated and at Guru Nanak Sikh Academy, we strive to support students with their well-being wherever possible.

Following the success of the **WildHearts'** Mental Health and Wellbeing webinars in October and January, we are excited to announce the next in the series to support parents.

### **Webinar 6: Parenting Teens Workshop Part 2 (for parents) – 12pm to 1pm, Thursday 11<sup>th</sup> February 2021.**

This webinar is the second in the series of four which will help you understand how to support adolescents to manage difficult emotions and how the parental role changes to support this. The webinar will be led by Alicia Drummond, one of the UK's leading adolescent therapists and founder of Teen Tips.

**Places are limited, so will be offered on a first come first served basis. Please register your place [here](#).**

Yours faithfully

Mr T Perryman  
Assistant Principal