



KINGSKERSWELL CHURCH OF ENGLAND PRIMARY SCHOOL

Telephone: (01803) 873398

Email: [admin@kingskerswell.devon.sch.uk](mailto:admin@kingskerswell.devon.sch.uk)  
[www.kingskerswell.devon.sch.uk](http://www.kingskerswell.devon.sch.uk)

Monday 4<sup>th</sup> February 2019

Normal Magic for Parents and Carers from EH4MH.

Dear Parents and Carers,

As part of the work we do to support our school community's mental health, we work closely with the team from EH4MH (Early Help for Mental Health). This service from Devon County Council works in conjunction with Virgin Care and CAMHS.

EH4MH are offering a workshop around 'normal magic' to support young children and their parent/carer's mental health. This is something that staff have attended in the past and found extremely helpful.

We would like to invite parents and carers to this workshop which will focus on what mental health is, how we can use M.A.G.I.C in our interactions with children and young people to support their mental health, the importance of balancing our mental health and positive choices we can make in doing this. You will also learn more about looking after your own mental health.

Time: 1.45pm-3.15pm

Date: Thursday 28<sup>th</sup> February 2019

Venue: Kingskerswell Church of England Primary School (In the hall).

So that we have an idea of numbers, we would appreciate it if you could return the slip below if you plan on attending.

Kind regards

Sophy Moore (SENCo)

---

I plan on attending the Normal Magic Workshop.

Child's name and class.....

Number of adults attending .....

Please return as soon as possible to Sophy Moore/School office.