

Pear Tree Mead Academy

Educating children 2 – 11

Pear Tree Mead, Harlow, CM18 7BY

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Head Teacher Mrs C. Peden BA(Ed) (Hons)

Deputy Headteacher

Assistant Head Mrs Rebecca Arnould BA (Hons) PGCE

Chair of Governors Mrs W Beckett

Mrs L Davies BA (ChEd)

SEND Co & Head of Early Years Mrs S Martin LLB (Hons) (PGCE)

Dear Parents/Carers

Do you, your child or somebody else in your family suffer with anxiety? Would you like to find out more about ways to manage and reduce anxiety and what support is available locally? Would you just like the chance to talk to somebody about anxiety and how it affects you?

ACL Essex is offering a **FREE** two-hour workshop on Monday 23rd November at 10:00 “**Anxiety Support for Families**”, exclusively for PTM Parents and Carers. Due to current COVID restrictions and guidelines this session will take place online, and not on school premises however, you will still need to book a place if you are interested. You can reserve your space by contacting me via the School office or by email ruth.b@peartreemead.essex.sch.uk .

You can also book directly with the ACL Tutor, Joanne Ingall (please see attached flyer for details).

Kind regards

Ruth Bartlett

Family Liaison Officer & Deputy Designated Safeguarding Lead

