



ADDINGTON SCHOOL

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5th Sep 2018

Dear Parents/Carers

Anxiety and Autism workshops

We are running another series of Anxiety and Autism workshops during the Autumn term 2018. The workshops are written and presented by Dr Fiona Knott from the University of Reading and have been adapted to suit the needs of our pupils.

Sessions will be attended by parents and staff, giving an opportunity to work collaboratively to identify potential sources of anxiety and strategies that could help.

Workshop aims:

- a) Giving up to date information about anxiety and autism
- b) Enabling parents and teachers to assess and understand their own child's anxiety
- c) Developing a tool box of strategies for use at home and in school

The workshops will run from 9.45am-11.45am on the following dates:

Thursday 20th September

Thursday 4th October

Thursday 18th October

Thursday 1st November

If you would like to sign up for the workshops, please return the slip below to Nicole Wisdom.

(Please note that there is a high demand for these workshops, so places will be allocated on a first come, first served basis and there is the expectation that you will be able to attend all 4 workshops).

Lucy Sayer

Parent Advice

Nicole Wisdom

ASD Service

Return to Nicole Wisdom

Pupil name _____ Class _____

I would like to come to the 4 anxiety workshops (Autumn 2018)

Parent name(s) _____



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