



19 April 2024

Dear Parent/Guardian

Understanding and Managing Anxiety

We are inviting all our parents of Neurodiverse students across our Wokingham and Reading secondary schools to an event to help support 'Understanding and Managing Anxiety'. This is being ran by Reading Families Forum and it is being delivered by 'Parenting Special Children'.

As schools we are committed to trying to support both our students and their families in the best way possible and we have been offered this opportunity to have an external speaker come onto site and help increase our understanding and support around this.

This event will take place on **Wednesday 8 May at 6.00pm** in the Lower School Hall at Maiden Erlegh School, Silverdale Road, RG6 7H. Please come towards the school main entrance and you will be directed to where you need to go. Please could we ask that you complete the following form to show your interest in this event. Those coming onto site will be limited to one parent per child due to capacity and it will be first come first serve if we get close to the capacity mark. We will contact you if this is the case. **Please complete the following link:**

[Understanding and Managing Anxiety - Attendance Reply Form](#)

We will start promptly so please do be on time for this. We would like to also offer those parents that are not able to attend in person the opportunity to attend via teams using the following link:

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 371 099 978 687

Passcode: MujbaE

Yours sincerely

Miss C Nimmo
Assistant Head for SEND
Deputy DSL
Science/Chemistry Teacher
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