



Rucstall Primary School

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Wednesday 21st October 2026

Dear Parents and Carers

We are holding two meetings, in conjunction with PBS (Primary Behaviour Service) in the school hall:

- Wednesday 18th November 9am – 11am – **Big emotions workshop**. This will focus on support with children's behaviour.
- Friday 4th December 9am – 11am – **Anxiety workshop**. This will focus on what anxiety is, what are the common signs and symptoms and how you can support your child.

We would like to encourage as many parents as possible to attend these workshops if you think they will help you support your child. These meetings are for adults only so we ask that you please do not bring any younger siblings along.

Please complete the form on Parentmail if you would like to attend one or both meetings. We look forward to seeing you.

Kind regards

Ms Baugh

Assistant Headteacher





