



Wadham School

A Church of England Community School

"Life in all its fullness" John 10:10



Wednesday 8th October 2025

Dear Parents and Carers,

RE: Session for Parents: Supporting children to recognise, understand, label, express and regulate their emotions

We are delighted to be inviting you to a **session at Wadham School** exploring supporting children to recognise, understand, label, express and regulate their emotions.

The Evening will be held in school on Wednesday 22nd October 2025, between 5.30 – 6.30pm.

This session will be run by the **Mental Health Support Team** and will lead to an understanding of how to support young people when they are struggling with emotions.

The session will cover:

- An hour session covering how to support your young person in recognising, understanding, labeling and expressing their emotions.
- The session will also include how to support your young person through Emotion Coaching.

We would love to welcome you to this presentation and would ask that you confirm your attendance with me by email: nfinch@wadhamschool.co.uk

Please do so by Monday 20th October 2025 and include in the email how many people will be attending.

Do not hesitate in contacting me should you need any further information.

Yours sincerely,

Nicky Finch
Assistant Headteacher
Pastoral Development



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Headteacher: Mr R Burgas
Chair of Governors: Mr C Chapman

