



# Atlantic Academy Portland

an Aspirations Academy

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27th March 2026

Dear Parents and Carers,

RE: Key Stage 1 Parent Wellbeing Workshop

The Mental Health Support Team (MHST) works alongside Atlantic Academy to support the wellbeing of children and provide an additional source of support to families and schools. Their aim is to tackle the challenges children and young people experience, by helping them to feel more resilient, arming them with techniques to look after themselves and strategies to help them cope better with life's ups and downs.

As part of their ongoing work with Atlantic Academy, MHST is offering a Foundation to Wellbeing Workshop on **Tuesday 14th April** from **8:45 - 10:15am** in our **Business Lounge at Atlantic Academy**. This workshop will be available for **Key Stage 1** parents and carers.

This workshop will provide helpful information and practical strategies to support your child's emotional wellbeing and mental health. It is a great opportunity to learn more about how to help children build resilience, manage feelings, and develop positive wellbeing habits.

Please complete the [Google Form](#) to confirm your attendance.

If you have any questions, please do not hesitate to contact me..

I hope you are able to join us.

Yours faithfully,

Mrs Savage  
Deputy Designated Safeguarding Lead