



Belmont Community Primary School

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Friday 22nd November 2024

Dear Parent/Carer

Last June, we were delighted to welcome Ed Scrase-Hollamby to our school to lead the **SUMO Stop Understand and Move On** course. The course enabled us to explore new ways to help our children navigate through this rollercoaster called 'life.' It was full of fantastic takeaways and delivered in a fun and relaxed way. Together we developed a toolkit of resources and ideas to help our children to learn to manage the big emotions and challenges that come their way in life.

We are delighted to be welcoming Ed back to Belmont Community Primary School in January 2025. The course is completely free of charge, taking place on **Friday 24th January, Friday 31st January, Friday 7th February and Friday 14th February 1.30pm – 3pm**. It is a great chance to meet other parents and learn something new, with a cup of tea and a biscuit.

The SUMO 'Stop Understand and Move On' course is for any parent, guardian, carer, or those who are supporting children and families who want to explore new ways to help children (and adults) navigate through the rollercoaster of life. The course aims to provide a 'toolkit' to help manage the big emotions and challenges that inevitably come their way. Each session has been designed to build from the last and show that small changes in our responses can lead to big changes as a whole.



If you would like to find out more about the course or to ask any questions, either contact the school office to speak to myself or come and find me to have a chat.

If you are interested in attending, please email andrea.mccormack@belmont.lincs.sch.uk to book your place on the course.

Thank you for your continued support.

A. McCormack

Mrs Andrea McCormack, Family Liaison Officer