



Belmont Community Primary School

Harrowby Lane, Grantham, Lincolnshire, NG31 9LR

Telephone: 01476 567939

E-mail: enquiries@belmont.lincs.sch.uk

Website: www.belmontprimary.com

Tuesday 2nd June 2026

Dear Parents/Carers

We are absolutely thrilled to be welcoming Ed back to our school to lead the SUMO – **Stop, Understand and Move On** – workshop. His last visit sparked so many light-bulb moments as we explored fresh, powerful ways to support our children through the wild rollercoaster that is life.

Drawing on the brilliant ideas from Paul McGee's book *SUMO*, the session was packed with inspiring insights, practical strategies and plenty of laughs. We left buzzing with a toolkit full of creative resources to help our children recognise, understand and manage the big emotions and challenges they face as they grow. The whole experience was uplifting, energising and genuinely transformative – and we can't wait to dive back in.

We're absolutely delighted to welcome Ed back to Belmont School on **Saturday 27th June, 10am - 4pm**. Even better, the entire course is **completely free**. It's a brilliant opportunity to connect with other parents, pick up fresh ideas and enjoy a relaxed, friendly day of learning — all with a comforting cup of tea/coffee and a biscuit in hand.

The SUMO *Stop, Understand and Move On* course is open to parents, guardians, carers or anyone supporting children and families who wants to discover fresh, practical ways to help young people (and adults) ride the ups and downs of life with confidence. The course is designed to equip you with a powerful 'toolkit' of strategies to navigate big emotions and the challenges that inevitably pop up along the way. Each session builds naturally on the last, showing how small shifts in the way we respond can create a surprisingly big impact overall.

It's an inspiring, empowering journey — one that leaves you feeling better prepared, more connected and ready to help children thrive.



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

Headteacher: Mr Jamie Allsopp, BA (Hons), PGCE