



CARDINAL POLE
CATHOLIC SCHOOL

Cardinal Pole Catholic School

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Headteacher: Mr A Hall BA(Hons) MA NPQH

S O A R
Service Opportunity Aspiration Reward

13th May 2024

Dear Parent/Carer,

PARENT WORKSHOP – HEALTHY SLEEP HABITS

We are pleased to invite you to our fourth parent workshop of the year. All parents/carers are invited to the workshop where bespoke training will be delivered on supporting your child with healthy sleep habits and safe use of their mobile phones.

Details of the workshop:

Venue: Cardinal Pole School, Library
Date(s): Friday 24th May 2024
Time: 11:00am- 12:30pm

Itinerary	
11:00am-11:10am	Introduction with Mr. S. Rahman (Assistant Headteacher)
11:10am-12:10 pm	How to foster Healthy Sleep Habits in teenagers – James Woodward (CAMHS)
12:10pm- 12:20pm	Q&A

Tea and coffee will be provided and there will be opportunities to meet members of our wider wellbeing team.

Due to the popularity of the last parent workshop it is important that you confirm your attendance via the Evolve invite <https://evolve.edufocus.co.uk/myevolve/setup.asp?id=cardinal%20pole> and we very much look forward to seeing you on Friday.

Yours sincerely,

Mr S. Rahman
Assistant Headteacher



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Diocese of Westminster



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