

# The Good Shepherd Catholic Primary School



Kingsland Gardens, Kingsthorpe, Northampton, Northamptonshire, NN2 7BH



**HEAD TEACHER** Mrs Carmel Dodds **DEPUTY HEAD TEACHER** Miss Dominique Smith

**PHONE** 01604 714399 **EMAIL** Admin@thegoodshepherd.northants.sch.uk

**WEBSITE** www.thegoodshepherdprimaryschool.org.uk

 @Thegoodshepherdnorthampton  @TGSNorthampton

Tuesday, 16<sup>th</sup> May 2023,

Dear Parents/Carers,

We recognise that a number of families have been looking at ways to support their children's mental health. A number of you have spoken to us regarding the impact of the pandemic on children's health and wellbeing and we realise children have been in some cases quite emotional. We acknowledge that there is a significant waiting time for external support and with this in mind, we have been looking at ways we can support.

I am therefore delighted to announce that we are now part of St Andrew's Lightbulb Project for school.

The team will be working alongside parents and staff to support Children's mental; health and wellbeing.

We are hosting our first session on Thursday 8<sup>th</sup> June 2023 at 2.15pm.

The first session will focus on 'Building resilience.' It is a great opportunity to pop along for a coffee and some cake and share some of your concerns around our children's mental health and hopefully leave with a few strategies to support.

Yours Sincerely

Mrs C Dodds



## Website

www.olicatschools.org

## Strategic Executive Lead

Mr Tony Bishop

Registered Office: Our Lady Immaculate  
Catholic Academies Trust, c/o St Thomas  
More Catholic Secondary School, Tyne  
Crescent, Bedford, MK41 7UL

Company Number: 09436283

