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| --- | --- | --- | --- | --- | --- |
| **Webinar** | **Date** | **a.m.** | **p.m.** | **Eve** |  |
| PSBT Modules | 16/05/2020 | 1 | 2 | 3 |  |
| PSBT Modules | 28/05/2020 | 2 | 3 | 1 |  |
| PSBT Modules | 29/05/2020 | 3 | 1 | 2 |  |
| PSBT Modules | 30/05/2020 | 1 | 2 | 3 |  |
| PSBT Modules | 01/06/2020 | 2 | 3 | 1 |  |
| PSBT Modules | 06/06/2020 | 3 | 1 | 2 |  |
| PSBT Modules | 13/06/2020 | 1 | 2 | 3 |  |
| PSBT Modules | 20/06/2020 | 2 | 3 | 1 |  |
| PSBT Modules | 27/06/2020 | 3 | 1 | 2 |  |

The ADHD Foundation, are working across our school and have offered Webinars which are available for you to access.

There is further information on our school website.

To explain these are ADHD focussed in 3 modules.

1: ADHD and Treatment.  2: Sleep and Well-being.

3: Stress awareness and Self-regulation.

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| **Webinar** | **Date** | **Eve** |
| EWB & MH | 13/05/2020 |  |
| EWB & MH | 20/05/2020 |  |
| EWB & MH | 27/05/2020 |  |
| EWB & MH | 03/06/2020 |  |
| EWB & MH | 10/06/2020 |  |
| EWB & MH | 17/06/2020 |  |
| EWB & MH | 24/06/2020 |  |
| EWB & MH | 01/07/2020 |  |
| EWB & MH | 08/07/2020 |  |

Workshops on Emotional well-being and mental health with a focus

on lock down and moving towards transition on Wednesday evenings.

These will be run 7-8pm.

If you are interesting in accessing any of these please indicate:

Date, time and module you wish to attend, by replying to this e-mail; I will then forward this information on to The ADHD Foundation.

I hope you are keeping well and safe. If you need any support from school, please contact me by using this e-mail and I will do my best.

Kind Regards

Mrs Brown

Deputy Headteacher and SENCO at Our Lady Immaculate Catholic Primary School