

16 May 2024

Dear parents and carers

As it is Mental Health Awareness Week, **Place2Be**, our in-school counsellors, would like to share with you [\*Parenting Smart\*](#), **practical tips to support your young person's wellbeing and behaviour**. You can also find a link to Parenting Smart [HERE on our Parent & Carer Support page](#), along with other useful resources.

If you are interested in finding out what else we do to support your young people, have a look at our [Emotional Support page HERE](#).

Best wishes

**The Carrington Team**

