



Sandhurst Primary School

It's tough living through a pandemic; we are all anxious about the safety of friends and family and our community.

Parent ENGage would like to invite parents to attend a Wellbeing workshop, to learn about wellbeing and coping strategies to manage stress and anxiety. The workshops are run by Lewisham parents for Lewisham parents.

Friday 9th July 2021 – from 10am til Noon via a zoom meeting.

RSVP by email to admin@sandhurstprimary.lewisham.sch.uk



Sandhurst Primary School

It's tough living through a pandemic; we are all anxious about the safety of friends and family and our community.

Parent ENGage would like to invite parents to attend a Resilience workshop, to learn about resilience and coping strategies to manage stress and anxiety. The workshops are run by Lewisham parents for Lewisham parents.

Friday 16th July 2021 – from 10am til Noon via a zoom meeting.

RSVP by email to admin@sandhurstprimary.lewisham.sch.uk