



Archibald First School
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September 2026

Decider Skills

Dear Parents and Carers,

We will be hosting Decider Skills as a weekly group starting from Tuesday 3rd November at 9am (maximum of 2 hours with exact end time TBC). It will be held in the school portacabin with tea and coffee provided. The team, likely Lucy and Sophie, from Children and Families Newcastle will be delivering this.

This is a group for parents and carers AND their child; part of the session is for the parents only with your child involved in the other part along with you. It is for children who are in Years 3 and 4.

Find out more about:

- Understand your thoughts, feelings, and behaviours.
- Manage your emotions and mental health.

How many sessions?

6 (one a week) Initially Tuesday 3rd November until Tuesday 1st December. Parents/carers who sign up should be able to commit to all the weekly sessions.

Who's it For?

Parents and carers of children in Years 3 and 4

Capacity

There is a capacity of 10 spaces maximum for the course (20 with parent and 1 child). School will contact you to let you know if you have secured a place in the first cohort.

If you would like to join the Children and Families Newcastle team on this course, please express your interest by 30th September via this form [Decider Skills - A course for Mental Health and Wellbeing – Fill out form](#)

Yours sincerely

Rebecca Turner

Headteacher

Having fun, learning together.
Curious, caring, creative and courageous.

