



## Tea and Chat

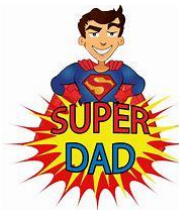
With Mrs B, Mrs Victoria Bourne from the Family Support Team and Lisa Sturrock from School Health Team

**Are you being challenged by your children at night?**

**Are some evenings unsettled?**



**Join us to share tips and ideas for a more effective bed time routine.**



**When: - Tuesday 2<sup>nd</sup> April**

**Time: - 9-10am**

**Where: In the meeting room at school (via the school office)**

**Come along for a cuppa.**

**We would love to see you there!**

**(Younger children are welcome)**