



Sabden Primary School, Whalley Road,  
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Dear Parent/Guardian,

8<sup>th</sup> November 2024

Your child has been selected to take part in The Children and Family Wellbeing Service, **Inside Out sessions**. These sessions will take place on **Wednesday 27<sup>th</sup> November 2024 & 4<sup>th</sup> December 2024 in school time**. The sessions will be run by our neighbourhood group workers.

The Inside Out sessions are fun and interactive they consist of games, arts and crafts. Your child along with the rest of the class will learn practical strategies in the area of the selected subject. The subject/s selected for this session are **Self Esteem and Confidence**.

If following the sessions delivered in school you would like your child to take part in more Inside Out sessions or you and your family would be interested in any of the sessions delivered in the Children and Family Wellbeing family centres, please scan the Facebook QR code below and you will be able to see our group delivery timetables and receive lot of other useful information including our activities that take place during the school holidays.



Hyndburn Family Hub



Ribble Valley Family Hub

For your child to take part in these sessions, we need you to complete the reply slip below and return to school by **15<sup>th</sup> November 2024**. If you would like more information regarding the sessions please speak to a member of staff.

**Mrs Black**  
HLTA/Mental Health Lead

**The Children and Family Wellbeing Service, Inside Out sessions**  
**Wednesday 27<sup>th</sup> November 2024 & 4<sup>th</sup> December 2024**

Child's name \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_

Headteacher Elizabeth Maskell  
B.Ed (Hons), N.P.Q.H.