



THINKING  
SCHOOLS  
ACADEMY TRUST

# Plymouth High School for Girls

*"For life, not school, we learn"*

17 March 2025

Dear Parents and Carers

We are delighted to invite you to a coffee morning being hosted by the Neurodiversity Wellbeing Team on 1<sup>st</sup> April 2025 at 10am. The event will be taking place at Plympton Academy, and it is open to parents and carers of students at Plymouth High School for Girls and Plympton Academy. The Neurodiversity Wellbeing Team support children, young people and their families across Plymouth with any neurodiverse need. As part of this role, they are offering coffee mornings in schools to support parents with any queries or concerns they have both while on the assessment pathway, post diagnosis, or supporting to start the process, as well as giving parents to opportunity to find peer support from each other, which have been very successful so far across Plymouth.

In addition to the coffee morning, we will also have the Mental Health Support Team holding workshops for parents and carers about anxiety and how to support their young person with this. The workshops will be at 11am and 4.30pm, and they will last 1 hour each. We hope you will be able to join us for either of these events and you are more than welcome to join us for both the coffee morning and the workshop.

If you would like to attend, please can you respond by 24<sup>th</sup> March 2025 on the Microsoft Form linked here: <https://forms.office.com/e/mKwwRHRwrh>

Alternatively, please email Plympton Academy SEND Administrator, Lucy Shepherd: [lucy.shepherd@plymptonacademy.tsat.uk](mailto:lucy.shepherd@plymptonacademy.tsat.uk) who will administer responses for both schools.

We look forward to welcoming you on Tuesday 1<sup>st</sup> April 2025.

Yours faithfully

Mrs S Payne and Mrs H Mills

(SENDCo and DSL) (SENDCo)

