



FLO Newsletter

Welcome to Mrs Wright's Monthly Newsletter, a chance to share advice, support and tips linked to adult and child well-being.

live well
Kent and Medway

Spotlight on a Service

Live Well Kent

If you're aged 17+ and live in Kent or Medway, our network of voluntary organisations and charities can help you with things such as:

- Better managing your mental health and general wellbeing
- Getting advice for money, debt or benefit-related issues
- Getting support for housing concerns
- Accessing free therapy

<https://Livewellkent.org.uk>



What would you like?

We have some exciting courses and workshops for families coming up over the school year, and while we have some great ideas we want to know what you would find helpful.

If you have any specific ideas about what courses you would like to see provided and the most suitable times, please do speak to Mrs Wright.



Attendance

Thank you for your ongoing support with your child's attendance. It is important that we work together to ensure children are in school, learning and thriving.

The class with the best attendance for September was Chestnut with 97.67%.

Well done Chestnut!



Parent Counselling Services

We are very fortunate to have Jenny Maydon, a trained counsellor with over 12 years experience, working with some of our parents. Jenny provides a safe and nurturing space to talk. If you would be interested in free counselling with Jenny, please do talk to Mrs Wright or email her on flo@hadlowkent.sch.uk

Happiness

Progress

Success