

Mandeville Primary School

West Road, Sawbridgeworth, Hertfordshire, CM21 0BL
01279 723737 www.mandeville221.herts.sch.uk
admin@mandeville221.herts.sch.uk
office@mandeville221.herts.sch.uk



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Dear Parents/Carers

It has been a busy couple of weeks back with lots of exciting things happening around the school.

Parent/Carer Wellbeing: Last week, you will have received the following email:

We're really pleased to be inviting you to an upcoming session at the school focused on something that so many of us experience, yet don't often take time to address...

BURNOUT TO BALANCE: HOW TO CARE FOR YOURSELF WHILE CARING FOR CHILDREN

We know that supporting children, whether at home or in the school environment, comes with a huge amount of responsibility, energy and emotional investment.

This session has been created to support *you*, offering space, understanding, and simple tools to help you feel more balanced and resourced.

We'll be joined by Alicia, a mindset and wellbeing coach who has worked both globally and within local communities in Hertfordshire to support individuals with mental health, emotional regulation, and sustainable balance.

In this session, Alicia will guide you through:

- Understanding what burnout really is and how it shows up;
- Recognising the hidden emotional load many adults carry;
- Learning simple, practical ways to regulate and restore balance;
- Reframing self-care as essential, not optional.

We've included a short video from Alicia below, where she shares more about the session and what you can expect.

 [**WATCH THE VIDEO NOW**](#)

If you've been feeling tired, overwhelmed, or simply in need of a reset, this session is for you.

 [**SIGN UP NOW: BURNOUT TO BALANCE WORKSHOP £12 "**](#)

We would love for you to join us at this session which costs £12 and takes place at 9am on Tuesday 19th May.

Staffing: I am delighted to inform you that Mrs Collins will be joining the SEN LSA Team as from Monday. Mrs Collins is a highly experienced SEN LSA and we are very much looking forward to working with her.

Yours faithfully

Miss Kara Hales
Headteacher

