



RISEDALE
A family of learners

RISEDALE SCHOOL

Headteacher: Mrs L Greenwood - BA (Dunelm), NPQH
Hipswell, Catterick Garrison, North Yorkshire. DL9 4BD
Tel: 01748 833501 | Email: enquiries@risedale.org.uk
www.risedale.org.uk | @RisedaleSchool @RisedaleFamily

Tuesday, 20th October 2026

Dear parent/carers,

Parent Information Session: Supporting Your Child with Self-Harm

As part of our ongoing commitment to supporting young people's wellbeing, I would like to invite all parents and carers to an information session on **Thursday 12th November, from 4:30pm to 5:30pm**, which I will be co-hosting alongside our Pastoral Support Manager, Simone Meades.

Mental health and self-harm can be difficult topics to navigate. This session is designed for any parent or carer who is supporting a young person through self-harm, as well as those who would like to build their understanding and know how best to help.

Event Details:

- **Date:** Thursday, 12th November 2026
- **Time:** 4:30pm – 5:30pm
- **Location:** In person, at school. Please arrive at 4:30pm in the main reception, where we will meet you.

PARENT INFORMATION SESSION:

Supporting Your Child with Self-Harm

A supportive session for parents and carers

Thursday 12th November
4:30pm – 5:30pm
Risedale School

What we will cover:

- Understanding self-harm
- Supporting your child at home
- Helpful resources and guidance

Parents and carers only

Scan to book your place

Session hosted by
Lisa Smith & Simone Meades
School Counsellor & Pastoral Support Manager

During this informal session, we will cover: What self-harm is and common triggers. Practical ways to support your child at home. Resources and guidance available to help you

Please note that this session is for **parents and carers only**.

Registration: If you would like to attend, please complete the short form below so we can confirm numbers:

>> **Click the link to complete the Google Form or scan the QR code to reserve your place:** <https://forms.gle/xdefdCv6Z42fJRV66>

If you have any questions prior to the session, please feel free to contact me directly at smith.l@risedale.org.uk.

We look forward to welcoming you.

Warm regards,

Lisa Smith

School Counsellor & Deputy Designated Safeguarding Lead

