



Moat Farm Infant and Nursery School

and Lavender Farm Nursery

Headteacher: Mrs Deborah Walker

Lavender Farm Nursery Manager: Mrs Sian Stevens

www.moatfarm-inf.sandwell.sch.uk



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Is life losing its sparkle?

MoodMaster is an upbeat approach to physical and emotional well-being.

Are you ... Depressed ... Anxious ... Irritable ... Angry ? Do you have trouble sleeping, have difficulty concentrating, problems in controlling your emotions, or is life just losing its sparkle?

MoodMaster can help!

We are lucky to be working with Sandwell Family Hubs to offer 6 weekly sessions lasting an hour or so in which you can hear really good information about emotional and physical health. The sessions will help you make your life more enjoyable and manage troublesome emotions such as worry and stress. Sandwell Family Hubs are able to offer this at Moat Farm Infant School in January 2024. They will cover topics weekly such as worry, stress, exercise, diet and sleep and they will also tailor sessions to what you want.

You will need to attend all 6 sessions and these will be in a group of between 8 - 10 parents. If you are interested please fill in the form below. Places will be filled on a first come, first served basis. Please return forms to your child's class teacher by Friday 27th October 2023. More information will follow after this date.

Parent name.....Child's name.....

I would be interested in attending the 6 sessions in school

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Any topics you would be interested in covering in the sessions -

COLLABORATION RESPECT CREATIVITY PERSEVERANCE CARING REFLECTIVENESS

