



20 March 2026

Dear Parent/Guardian

BRIYM Parent Workshop: Building Resilience in Young Minds

We are delighted to have secured the excellent team from BRIYM to deliver a series of parent information evenings throughout this academic year. This half term, they will be offering a session on Building resilience in young minds, and we would like to open this opportunity out to all parents. Future sessions may be directed at specific year groups.

The event will take place on **Tuesday 21 April 2026, from 6.00–7.00pm**, in the Main Hall at **Maiden Erlegh School**.

About the session:

If you want to help your child cope better with challenges, this workshop will be especially valuable. We will explore stress responses, what resilience really looks like in young people, and how to help children recognise their feelings and bounce back when things get tough. Parents will gain practical tools to strengthen emotional resilience at home.

If you would like to attend, please complete the form ([BRIYM Parent Workshop Form](#)) so that we know to expect you. Please note that the event is capped at **300 attendees** and places will be allocated on a first-come, first-served basis. If you successfully complete the form, please consider that your space/s are booked.

We would like to thank the BRIYM team for their continued support with this important work, and we hope that you will find the session valuable in supporting your young people.

Yours sincerely

Mrs Jo Bhadye

Assistant Headteacher – Enrichment and Culture
Deputy DSL
Teacher of Mathematics

