



**TITAHIBAY SCHOOL -- KURA KIDS** are Believers and Achievers *Kura Street, Titahi Bay,*  
*Porirua 5022 P O Box 50441, Porirua 5240 Phone: 04 236 8399 website:*  
*[www.titahibay.school.nz](http://www.titahibay.school.nz) email: [office@titahibay.school.nz](mailto:office@titahibay.school.nz)*

1 May 2019

Dear \_\_\_\_\_

As discussed our school Social Worker, Yasmin Silestean, and I are offering a Four week "Anxiety Workshop" at school. This will be carried out at school on a Tuesday afternoon. We will be working in small groups discussing our Feelings and providing and practicing Strategies to help us when we might not be feeling good.

The children will be bringing home a little activity they have done in our session and/or they will have a strategy that they will be encouraged to try out each week – We hope to give your child a positive safe opportunity to discuss what works for them.

For your child to take part we must have the permission slip. Please fill out and return to Mrs McMahan.

As always I am more than happy to discuss further - Feel free to contact me by email or pop into my office

*Miranda McMahan*

miranda.mcmahan@titahibay.school.nz

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I give permission for \_\_\_\_\_ Room \_\_\_\_\_  
to be part of a Four week programme with our school Social Worker, Yasmin Silestean, and Miranda McMahan on Feelings and Anxiety Strategies

Parents Name (Please Print) \_\_\_\_\_

Parents Signature \_\_\_\_\_

Date \_\_\_\_\_