



St John Fisher Catholic High School

EDUCATING FOR LIFE

HOOKSTONE DRIVE – HARROGATE – HG2 8PT

Head Teacher: Mr P Brockwell B.Ed

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Dear Parent/Carer

STRESS, ANXIETY AND SLEEP PARENTS' AND STAFF INFORMATION EVENING
DATE: WEDNESDAY 1 MAY

Our next session for parents and staff is on the current topic of stress, anxiety and sleep and will be delivered by two Sleep Scotland trained practitioners in the Main Hall from 6.30pm and 7.30pm.

The event is free of charge and to express your interest in attending this evening, please email office@sjfchs.org.uk

Yours sincerely

Mr P Stansfield
Deputy Head

