



The Poppy Academy Trust

Executive Headteacher/CEO: Mrs A. Aharon

St John's CE Infant and Nursery School

Head of School: Mrs L. Gillam | www.stjohnsradlett.herts.sch.uk

Fair Field Junior School

Headteacher: Mrs D. Leggett | www.fairfield.herts.sch.uk

Watford St John's Church of England Primary School

Headteacher: Miss A. Pyatt | www.watfordstjohns.org

Monday 16th June 2025

Dear Parents and Carers,

We are incredibly fortunate to have Saskia Joss, a child anxiety specialist, giving a talk for parents at St John's Infant and Nursery School on **Tuesday 24th June 2025** at 9:00am. Saskia, a BACP-registered child therapist and author specialising in anxiety, will be discussing how families can support children with anxiety and strengthen family connections and happiness.

Saskia has worked in several schools as a child therapist, alongside her private practice. She runs the Mill Hill Therapy Hub and the Hendon Therapy Hub—a private practice and room rental service that supports hundreds of families each year in managing their mental health. Her new book, *Help! My Child's Anxiety is Giving Me Anxiety*, offers guidance for families navigating anxiety-inducing events, from separation and social anxiety to school-related challenges and transitions.

To learn more about Saskia's work, please visit her website: www.saskiajosttherapy.co.uk.

If you would like to attend the talk on Tuesday 24th June, please complete [this form](#) so we can ensure we have enough refreshments available.

Saskia will also have copies of her book available for purchase for those who are interested.

Kind regards,

L. McManus

Mrs Laura McManus

Assistant Headteacher and SENCo

St John's CE Infant and Nursery School

