

Dear Parents/Carers,

The Family Learning Team are offering some exciting courses online this term. All of the classes are delivered by experienced teachers, many of whom are primary teachers too.

·**Improve Your English and Help your Child** runs on Wednesday mornings. ESOL parents are welcome to join this course at any point in the term. We will work with them to build their English skills and help their child in school effectively

·**Help Your Child with Reading** runs on Tuesday mornings, starting on 14thSeptember. We will support parents with children in the Infants to develop the joy of reading with their child

·**Help Your Child with Maths** runs on Tuesday afternoons, starting on 14thSeptember. This course focuses on how parents can support their children develop their maths skills in the Juniors, looking at multiplication, fractions and more

·**Calm Kids, Calm Home** runs on Friday mornings starting on 24thSeptember. This course supports parents to find ways to settle their children and make their home calmer

·**Calming the Mind** runs on Tuesday mornings starting on 5thOctober and also on Monday nights starting on 4thOctober. This course is a 5 week introduction to mindfulness, which has proved to be very effective in helping parents regain a sense of calm




Please find attached the flyers for each course with more details.

Best wishes,
School Office

Calming the Mind for Parents



A free* 5 week online course to introduce you to mindfulness in the comfort of your own home

-  Explore ways to manage your stress levels
-  Find new ways to relax yourself and your family
-  Learn how to be mindful everyday

Tuesday Morning 10:30-11:30 from 5th October

Monday Evenings 7:30-8:30 from 4th October

Term time only

To enrol now scan the QR code to take you to
the website and signup!

Or email fay.tucker@gloucestershire.gov.uk






* The course is free if you are over 19 years old, have lived in the UK/ EU for 3 or more years, or have a valid Residence Permit, and are one of the following: Unemployed or earning below £17,374 per year; Qualified below a Level 2 (less than 5 GCSEs); Have mental health challenges, Have a learning difficulty or disability.



Improve Your English and Help Your Child on Zoom

A free* ESOL course for parents

-  Learn English
-  Find out how to help your children
-  Build your skills

Wednesdays 9:15-11:15

Starting on 8th September

The course is being delivered via Zoom.
You can access this through your smartphone, tablet or computer

To book a place, please contact
fay.tucker@gloucestershire.gov.uk /
07760 171477

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Help Your Child with Maths



A free* online course for parents with children aged 7-11 years old

Do you find your children's maths work challenging?

Lydia can take the mystery out of maths. As a primary teacher she can explain the terms used in school at the moment

This course will focus on maths skills taught in the Juniors

Find out how to:

- ✓ Give your child a boost in their maths skills
- ✓ Get tips to help your children learn their tables
- ✓ Find out about fractions

Tuesdays from 12:30-2:00

14 September- 20 October

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Calm Kids, Calm Home

A *free online course for parents



Do you long for a bit of peace but not sure how to get it?
Join us from the comfort of your own home to:

-  Find ways to settle your kids
-  Get tips to make your home calmer
-  Find out how to make your children happier

Fridays
24th September – 23rd October
9.30am - 11.00am

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Help Your Child with Reading



A free* course for parents with children aged 4-7 years old

The course will be delivered via Zoom, so you can learn from home!

- ✓ Find out how you can make reading fun
- ✓ Get tips from an experienced teacher
- ✓ Boost your child's skills

Tuesdays from 9:30am to 11:00am

14th September – 20th October

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