



Dear Parents/Carers

Please find some information below in regards to some upcoming parent/carer courses. Please also find attached some posters advertising the courses.

- All You Need to Know About Numbers** is a 5 week course running on Thursday mornings. This course gives parents the skills and confidence to support their children with their maths. Starting on Thursday 11 November from 10:00-12:00.
- Improve Your English and Help Your Child** is a weekly course running on Wednesday afternoons. This course supports parents who do not have English as their first language. Parents improve their own English skills and learn how to support their children in school. Running weekly throughout the school year on Wednesday afternoons from 12:30-2:30.
- Calm Kids, Calm Home** is a 6 week course running on Friday mornings. The course look at ways of making the home environment calmer, including discussing effective co-parenting, family routines, parents as role models and self care. Starting on Friday 12 November from 9:30- 11:00.
- Calming the Mind** is a 5 week introduction to mindfulness. Parents who attended this course last year have noticed a real change in their lives, which has resulted in building strong bonds with their children. Starting on Monday 15 November from 7:30-8:30.

Parents can enrol online through the QR codes on the flyers, or by contacting me.

Kind Regards

Alex

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