



Howard Primary School

Monday, 16 December 2019

Dear Parent/Carer,

Re: ParentGym

We are delighted to inform you that we will be running Parent Gym at Howard Primary from January 2020.

Parent Gym is a well-established, six-week programme that reveals practical tips and techniques for parents who want the best for their children.

We have secured 12 places for parents at Howard. These will be given out on a first come, first served basis. Please fill in the enclosed form to secure your place and return it to the Office or your child's teacher by 18th December.

The Parent Gym workshops will focus on:

<p>Week 1 – CHAT Session Tuesday 21st January (1.15-3.15pm)</p> <p>Get you and your child talking and listening in a positive way every day.</p>	<p>Week 2 – LOVE Session Tuesday 28th January (1.15-3.15pm)</p> <p>Boosting your child's confidence, with a balance between closeness and developing their independence.</p>
<p>Week 3 – BEHAVE Session Tuesday 4th February (1.15-3.15pm)</p> <p>Bring calm to your family with rules and routines that really work.</p>	<p>Week 4 – CARE Session Tuesday 11th February (1.15-3.15pm)</p> <p>Keep yourself and your family healthy and happy with good sleep, eating and exercise.</p>
<p>Week 5 – DISCOVER Session Tuesday 25th February (1.15-3.15pm)</p> <p>Help develop healthy learning habits with your child, including managing screen time.</p>	<p>Week 6 – TOGETHER Session Tuesday 3rd March (1.15-3.15pm)</p> <p>Keep your family feeling happy, supported and loved.</p>

Yours sincerely,

Miss J De Saulles
Head Teacher

Howard Primary School



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