



RHODES AVENUE PRIMARY SCHOOL

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Headteacher: Maria Panayiotou-Argyrou

Dear Parents/Carers,

Parent Workshop

Following requests from parents last academic year, the school has arranged a workshop for parents and carers which will be led by Isabel Squirrel (who is a UKCP registered Child Psychotherapist). Last year Isabel led an over-subscribed session on supporting parents to build self-esteem and resilience in their child. Details of this half term's workshop which can only be booked in advance are below. In order to maximise the impact of the workshop we need to cap the number of attendees to 30 parents only.

Aims of the workshop:

- Navigating the developmental journey: from the baby's first 'no' to adolescent 'defiance'.
- The neuroscience behind emotional dysregulation and tips for how to regulate yourself and your child.
- How to be authoritative and empathetic in difficult moments.
- Boundary setting: do's and don'ts.

Who can attend?

We kindly request that only one parent per family attend in order to allow the opportunity for different families to access and attend the session.

When?

Thursday 3rd October 2024. 10am-12 noon (please arrive at 9.50am in order to sign in at the school office and so that you can be directed to the venue in school).

Cost:

£10 per adult. This will be added to your child's SchoolMoney account for payment. Unfortunately you will still be charged should you not attend the session.

This workshop is free to families of which the school receives Pupil Premium funding for and will not be added to your SchoolMoney account if this is the case.

How do I book?

Please sign up using the SurveyMonkey link below. We aim to run another workshop next half term for those unable to access a space for this half term's workshop.

<https://www.surveymonkey.com/r/IsabelSquirrelworkshop3rdOctober2024>

Best wishes,

Maria Panayiotou-Argyrou (Headteacher)

