



RHODES AVENUE PRIMARY SCHOOL

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Headteacher: Maria Panayiotou-Argyrou

Dear Parents and Carers,

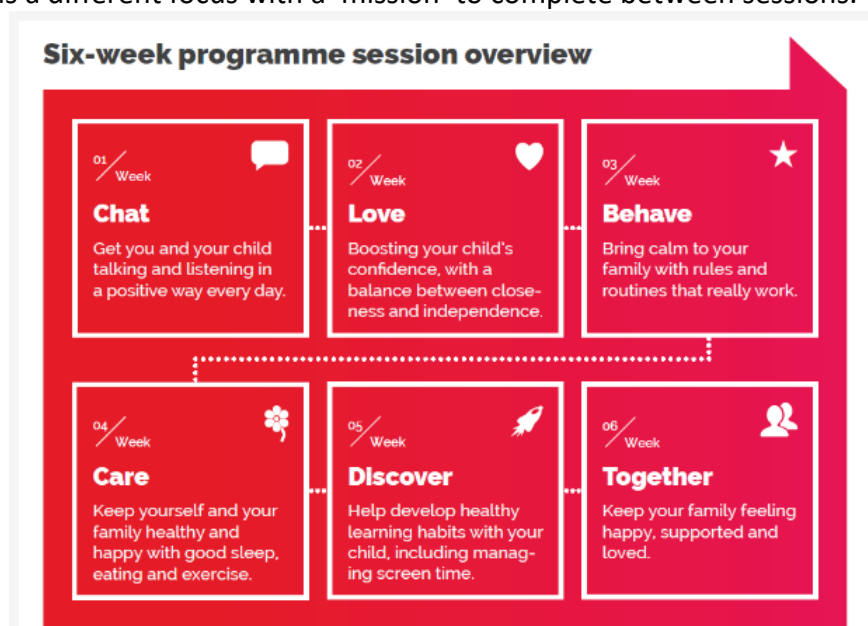
Parent Gym - helping parents raise happy confident children

Parenting is hard. Possibly the hardest job in the world?

I am pleased to announce that the popular FREE evidence-based parenting programme Parent Gym is returning to Rhodes Avenue this term. This programme is a 6 week face-to-face programme for parents of children aged 2-11 years old which is held on our school premises for Rhodes Avenue parents only. Parents wishing to join the programme must sign up in advance and must sign in at the school office prior to making their way to the session (Music Room).

What is Parent Gym?

Each week there is a different focus with a 'mission' to complete between sessions.



Please click on the link below to watch a video which explains a little bit more about how Parent Gym works.

<https://www.youtube.com/watch?v=Ua0U2EWByg>

When?

Tuesdays 9-11am

Taster session (45 mins) – 15th October 2024

Week 1: Chat – 5th November 2024

Week 2: Love – 12th November 2024
Week 3: Behave – 19th November 2024
Week 4: Care – 26th November 2024
Week 5: Discover – 3rd December 2024
Week 6: Together – 10th December 2024

How to book your space:

Spaces for the programme are filled on a first-come-first-served basis. Parents wishing to sign up can use the link below to do so. We kindly request that you only sign up if you are able to commit to the sessions on the dates above so that the spaces are left for other families who can.

<https://parentgym.arlo.co/register?sgid=ef78edbaef9b440eace3c0228ecec26f>

Best wishes,
Maria Panayiotou-Argyrou (Headteacher)