



PARKLANDS PRIMARY SCHOOL

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Headteacher: Mr Scott Stevens

Head of School: Mrs Teresa Carter

Deputy Headteacher: Mrs Katie Leach / Deputy Headteacher: Mrs Lisa Farrow

Parent Gym is coming back to Parklands School

Good news ! Parent Gym – The positive parenting programme is returning in the Spring Term to Parklands School.

The first taster session will be on **Thursday 18th January at 9am** over at the School House. This session will only be for 30 minutes or so, but will give you an idea of what Parent Gym is, what it covers, and if it will be of interest or support to you and your family.

The sessions will then take place **every Thursday morning from 9-11am** thereafter for 6 weeks, with a break for half term.

I have held a practitioner award for the philanthropist venture 'Parent Gym' since 2017, and I have delivered over 20 courses during my time at schools, including last term here at Parklands. This is a short 6 week programme supporting parents with issues and difficulties that we can **all** have as parents. The sessions are focussed, and driven by the practitioner, but are open and communication from parents is welcomed throughout.

Here is the link for the programme online : info@parentgym.com

Posters are also up and around school. Please don't hesitate to ask should you like further information.

If you are interested in putting your name forward; please either see me, or come to the office to add your name to the list.

Wendy Allison

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Senior HSSW and DDSL

