



# 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*



Dear parents,

**Come and give your parenting skills a 'workout'...**  
Parent Gym is coming to **Parklands Primary School**

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive.

All parents are welcome to apply and places will be filled on a first come first served basis. Through our relationship with Parent Gym the programme is free for parents.

Each weekly session lasts two hours, and will take place in the **School House** on:

**Thursdays, from 9am**

**Date: 21 September Taster (45 mins)** – shorter session for you to meet the coach and find out more about the sessions.

**Date: 28 September Chat (2 hours)** – Help your family talk and listen to each other

**Date: 5 October Love (2 hours)** – Build self-esteem and independence through secure attachments

**Date: 12 October Behave (2 hours)** – Bring calm and order to your home

**Date: 19 October Care (2 hours)** – Looking after ourselves and our families

**Date: 2 November Discover (2 hours)** – Support your children to learn and explore

**Date: 9 November Together (2 hours)** – Look to the future and recapping key techniques

To **confirm** your place, please speak to **Wendy Allison (HSSW)** or ask at **reception/the office**.

We look forward to hearing from you.

Yours sincerely,

Mr S Stevens  
**Headteacher**

