Dear Parents/Carers,

As part of our continuing support whilst school is currently closed due to COVID19 we are able to offer you and your child/children the opportunity to take part in a number of workshops and programmes.

Due to COVID restrictions we will not be able to offer this service face to face however these can be delivered online virtually via a Webinar called Cisco Webex  (similar to Zoom).

All workshops and wellbeing programmes are free to access and ran externally by the Family Support Service by SCTSP in Partnership with Staffordshire County Council.

**ONLINE BEHAVIOUR WORKSHOPS & WELLBEING PROGRAMMES**

**Understanding and Managing Anger and Defiance in Children and Young People (Parent only).**

Please choose one of the following dates and times:

* Wednesday 15th July: 1-2pm or
* Wednesday 15th July: 6-7pm

**Understanding and Managing Anxious Behaviour and Low Self Esteem in Children and Young People (Parent only).**

Please choose one of the following dates and times:

* Wednesday 8th July: 1-2pm or
* Wednesday 22nd July: 1-2pm or
* Wednesday 22nd July 6-7pm

**A 3 week Parent Wellbeing Programme (Parent only).**

* Wednesday 1st July/ 8th July /15th July – 11-12am

**Online Year 5 and 6 Emotional Wellbeing Programme (Parent and Children will complete course together).**

This is a5-week programme designed to help build your Childs Confidence and get them ready for secondary school.

* Week 1: Understanding and Managing Worries and Stress
* Week 2: Understanding and Managing Difficult Emotions
* Week 3: Understanding our Self Talk
* Week 4: Healthy Friendships and Dealing with Bullying
* Week 5: Building Self Esteem and Confidence

The 5 week programme consists of online Webinars and Worksheets which will be emailed to you.

Start Date: Thursday 2nd July

Times: 10.30-11am

**To book your place please contact: Email: raminderdhaliwal.fss@sctsp.org.uk or text/phone: 077416456914.**

Once you have booked onto your chosen workshop or programme you will be sent instructions on how to access via your email address.

Yours Sincerely

Mrs F. Mayo

School Family Support Worker

Rowley Park Primary Academy