

Tuesday 8th July

Dear Parents and Carers,

Building Children's Emotional Resilience

Following our transition week, and as we approach the end of term, Mrs Nicholas is repeating her workshop for parents and carers on building children's emotional resilience.

Course content:

- A realisation that resilience can be learnt, and nurtured in the small, everyday moments of family life.
- Knowledge, confidence and practical ideas on how to help children process setbacks and bounce forward in strength, character and development.
- Insight into children's brain development.
- An understanding that learning how to experience failure in a safe environment will improve their confidence and problem-solving skills.
- An appreciation of how vital your child's identity is, and strategies to help them become confident in it.

Tuesday 15th July at 8.45am to 10.45am

Come to the school office to sign in. Refreshments will be available. You are welcome to attend for a second time.

Please return the reply slip to your child's class teacher to let us know you would like to attend.

Your sincerely

Mr Rob Cole
(Headteacher)

Return to your child's class teacher – tick to indicate your attendance

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Child _____ Class _____

Name _____ relationship to child _____

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