Uxendon Manor Primary School

Vista Way, Kenton, Harrow, Middlesex, HA3 0UX
Phone: 020 8907 5019 Fax: 020 8907 2367
Email: admin@uxendonmanor.com
Web: www.uxendonmanor.com
Headteacher: Mr J. R. Parry

Dear Parents/Carers November 2022

Parenting is one of the hardest jobs we will ever do as a Parent. These workshops aim to help Parents with easy tips and strategies to support children at home and build a strong family unit.

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 (nothing to do with physical exercise!), a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive.

The programme costs £1000 per parent, but we have secured 20 places **for free** for our parents at Uxendon Manor Primary. These places are awarded on a first come first served basis and all parents across the school are welcome to apply. There is more information about the programme on the school website.

Each weekly session lasts two hours, and will take place in Emerald class (Reception block) on:
Wednesdays, from 9.00am to 11.00am.

Taster trial session (1 hour) – shorter session for you to meet the coach and find out more about the sessions on **Wednesday 18th January 2023 before you commit to the 6 week programme.**

Session 1 Wed 25th January: **Chat** – Help your family talk and listen to each other
Session 2 Wed 1st February:**Love**– Build self-esteem and independence through secure attachments
Session 3 Wed 8th February: **Behave** – Bring calm and order to your home
Wed 15th February no session due to half term
Session 4 Wed 22nd February : **Care** – Looking after ourselves and our families
Session 5 Wed 1st March: **Discover** – Support your children to learn and explore
Session 6 Wed 8th March: **Together** – Look to the future and recapping key techniques

To **register** your place and interest for attending this programme please email admin@uxendonmanor.com providing your name, child/ren's name, year group and class. Thank you.

Yours sincerely,

Mrs S. Bhanderi
Assistant Headteacher