



MEET AND CHAT EACH **THURSDAY IN SCHOOL**

ALL WELCOME!

WHERE –DINING HALL OR OUTSIDE (WEATHER PERMITTING)

8.45 -9.15am

TOPICS FOR THIS HALF TERM:

28.2.2019 - Healthy eating and packed lunches

7.3.2019 - Effective communication with your child

14.3.2019 - Secondary school allocation queries (Year 6 Parents)

21.3.2019 - Positive parenting and emotional resilience

28.3.2019 – Relaxation and mindfulness for emotional health



Hosted by Amanda Thompson (LEARNING MENTOR) and Sajida Khurram (TA
& PUNJABI/URDU SPEAKER)

****COME AND JOIN US FOR A COFFEE AND A CHAT!****