



Dear Parents and Carers,

We recently sent a letter to offer parent courses and workshops.

Thank you to those who responded. After gathering the level of interest we will be offering the

**Time out for Parents – Primary Years** starting Tuesday 8<sup>th</sup> June 9.30-11am.

*6 week course (90mins virtual sessions via Teams)*

This is an invaluable course and concentrates on child development and the impact of this and external factors on their children's behaviour and emotional wellbeing. It is a realistic approach to parenting in today's world. It focuses on self-esteem, developing positive relationships, boundaries and discipline, it promotes attachment through play and attention. The course aims to support parents to develop sustainable support systems that can have a positive impact throughout a child's development into adulthood.

This will include elements of the **Handling Anger in the Family** course as demand was not high enough to run the course.

Handling Anger in the Family course is a fantastic course for parents who want to help their children discover new ways to manage their feelings. Anger is a completely normal feeling and this course looks at children's triggers and calming strategies that can be used in the home or anywhere.

**Helping Children Deal with Loss and Grief** – *this course is not currently in demand and we will offer this again in Autumn Term.*

*4 weeks course (90 mins virtual sessions via Teams)*

This course is provided by Grief Recovery Method UK and is a globally recognised programme for parents, carers, friends and professionals who want to help children deal with all kinds of losses including bereavement, pet loss, family separations, school and house moves, fall outs and disappointments.

These courses have run previously at Dowson and the feedback has been exceptional.

**IT IS NOT TOO LATE TO BOOK A PLACE ON THE PRIMARY YEARS COURSE.** To find out more or to book your place - please contact me in school on 0161 366 0177 or email me on [m.ashley@dowson.tameside.sch.uk](mailto:m.ashley@dowson.tameside.sch.uk)

Unfortunately the demand has not been high enough for the Parent Workshop sessions that were proposed for Monday mornings, however we will start these a regular drop in session in Autumn.





In addition to these sessions we have provided many links to parent courses and advice in our Lockdown Library on the school website. These include free parent courses provided by the Tameside Parenting Team. Please do not hesitate to contact me if you require further support or information with regards to accessing these.

**FOR PARENTS OF YEAR 6 CHILDREN ONLY – KOOTH** is an emotional and wellbeing service for children aged 11+

## [Kooth Awareness](#)

As Mental Health Awareness Week is approaching, Kooth will be hosting a virtual drop-in “**Discover Kooth**” session across the Greater Manchester area on **Wednesday 12th May, 6:00 pm - 7:00 pm - For parent/carers.**

This **Discover Kooth** session is an opportunity to find out more about how the Kooth online service supports the mental health and wellbeing of young people across Greater Manchester.

The session will cover: *What support features are available on Kooth, Tips for supporting mental health & emotional wellbeing in nature and the environment for the theme of this year's MH Awareness Week. A Q&A section and a live demonstration of Kooth.com.*

**To register a place, follow the link to Eventbrite here:** <https://www.eventbrite.co.uk/e/greater-manchester-discover-kooth-mental-health-awareness-week-tickets-151969941185>

Kind Regards

Michelle Ashley

Inclusion Co-ordinator

