

# Heathside School

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Children  
First

Dear Parent/Carer,

5<sup>th</sup> January 2010

**Re: PARENT'S GROUP**

As the new term gets underway I thought I would let you know about the dates that have been booked when the Parents' Group will meet. They are all listed in the grid below and you will see that there is an alternating mix of informal get togethers for a chat over a cup of coffee or tea, and sessions when an invited speaker will be present.

It would help enormously if you are able to return the reply slip below by **Tuesday 12<sup>th</sup> January** indicating which sessions you are likely to attend. This will help with planning and helps the invited speaker to be better prepared for the session.

It would be great to see some new faces, as well as the old ones, at the sessions and I look forward to seeing you if you can make it. If you keep the first page of this letter you can stick it on the fridge or your notice board and see when the sessions are coming around.

***Please note that all of the sessions start at 10.00 a.m. and run until 12.00 p.m.***

Many Thanks

✂.....

Thursday 14 <sup>th</sup> January	Informal get together over a cup of tea or coffee.
Tuesday 26 <sup>th</sup> January	Nicky Seabrook, a nutritionist, will talk about the impact of nutrition on emotional stability, attention span and immunity. She will also discuss the benefits of supplements.
Wednesday 10 <sup>th</sup> February	Informal get together over a cup of tea or coffee.
Friday 5 <sup>th</sup> March	Sarah Bescoby from Speaking Up, the newly established advocacy service for young people with disabilities, will talk about how the service works and will welcome feedback from parents and carers about how they see the service working.
Monday 22 <sup>nd</sup> March	Michelle Pearse from Schoolsafes will lead a session looking at managing challenging behaviours. Michelle will offer some advice on safe ways to intervene when children lash out or try to hit or hurt others during a behavioural outburst.

I hope the above sessions will be of interest to you and that you will be able to attend some of them. I am sure there will be useful information provided in all of them as well as an opportunity to meet with and discuss issues with other parents.

If you have not been to any of the Parents Group sessions before maybe one of your New Year resolutions could be to come along to one this term!

**Suffolk County Council**

Simon White – Director for Children and Young People

**Please return this page to Heathside School by Tuesday 12<sup>th</sup> January 2010 to indicate which sessions you will be able to attend.**

**I can attend**

**I cannot attend**

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Signed: ..... Parent/Carer of: .....



**Suffolk County Council**

Simon White – Director for Children and Young People