



Wibsey Primary School

Supporting our families • Building brighter futures ♥

Supporting your child's emotional wellbeing

A 1 hour workshop for parents and carers to further develop their skills and confidence to support their child's emotional wellbeing.



"Lots of helpful advice about managing children's emotions"

"I thought it was great. I might change my active listening and not try to always find a solution for his problems but to repeat them back to him"

"a very welcoming and relaxed session, no judgements at all"

In this interactive workshop parents and carers will:

- ✓ Explore the common emotional wellbeing needs of children.
- ✓ Discuss how to support their child to build emotional resilience.
- ✓ Have an opportunity to practice active listening and further understand supportive communication techniques.



The workshops are available
Tuesday 22nd September at 9am
and
Thursday 24th September at 2.15



There will be limited spaces so please book by calling the main office.

Living Well Schools - Eating Well Parent Workshops



In these interactive workshops we will cover:

Eating Well workshop – Part 1

1 hour

Learning Objectives:

- ✓ What does healthy mean to you?
- ✓ Benefits of a balanced diet
- ✓ Eatwell Guide
- ✓ Importance of fibre, vitamins & minerals and vitamin D
- ✓ Food group activity

Eating Well Workshop – Part 2

1 hour

Learning Objectives:

- ✓ Sugar recommendations (& activity)
- ✓ Understanding food labels (& activity)
- ✓ Healthy swaps/alternatives
- ✓ Bradfords packed lunch toolkit



The workshops are available
Part 1: Wednesday 7th October at 9am
Part 2: Wednesday 21st October at 9am



Limited spaces so please book by calling the main office.

Healthy choices today = brighter tomorrows ♥

Miss Wright
Parental support worker