



Tuesday 5th December 2023

Dear Parents,



Parent Gym is coming to Barrow Hedges from January 2024

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, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive.

All parents are welcome to apply, and places will be filled on a first come first served basis. Mrs Kate Duncan (Deputy Headteacher) has completed the Parent Gym Academy and will lead the sessions. Through our relationship with Parent Gym, the programme is free for parents.

Each weekly session lasts two hours and will take place in the Studio Hall on Tuesdays from 8.50 am. The dates which have been set for our first course of workshops are:



Tuesday 23rd January: **Taster (45 mins)** shorter session for you to meet Mrs Duncan and find out more about the sessions.

Tuesday 30th January: **Chat**

Tuesday 6th February: **Love**

Tuesday 20th February: **Behave**

Tuesday 27th February: **Care**

Tuesday 5th March: **Discover**

Tuesday 12th March: **Together**

For more information, please watch this video https://youtu.be/_Ua0U2EWByg. To confirm your place, please use the following link <https://parentgym.arlo.co/courses/10-parent-gym?e=62934454a6a745249283effb19b0b225>. We look forward to hearing from you.

Yours sincerely,

Louise wood

**Mrs Louise Wood
Headteacher**



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