



Monday 12<sup>th</sup> January

Dear Parents and Carers,

**'Being a parent brings some of life's biggest joys as well as its greatest challenges' (Parentalk)**

Being a parent or carer is incredibly rewarding, but can also be very difficult. No matter how hard we try, we all have times when things just don't go as planned! Parentalk is a chance to get together with other parents and carers, to talk about the realities of bringing up our children and to share our parenting experiences and the challenges we face.

Workshops are held in an informal and relaxed atmosphere with sessions facilitated by Mrs Nicholas and Mrs Leigh. Parents and carers learn from each other as well as explore a range of practical strategies and tips presented in the material. Sessions support you to build on your strengths and discover things you might want to start or do differently.

To support families to attend, we are running a free creche to look after your children whilst you attend - if you are unable to get childcare. If all the parents and carers in your home can attend together, this can often be more beneficial in the long run.

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|--|-----------------------------|
| Thursday January 22 <sup>nd</sup> 5.00pm-6.30pm  | It's not just me            |
| Thursday January 29 <sup>th</sup> 5.00pm-6.30pm  | Love them and let them know |
| Thursday February 5 <sup>th</sup> 5.00pm-6.30pm  | It's good to talk           |
| Thursday February 12 <sup>th</sup> 5.00pm-6.30pm | Boundaries and battles      |
| Thursday February 26 <sup>th</sup> 5.00pm-6.30pm | Parenting with elastic      |
| Thursday March 5 <sup>th</sup> 5.00pm-6.30pm     | Create a sense of belonging |

Please return the reply slip below to your child's class teacher, speak to Mrs Nicholas on the playground or let the office know if you plan to attend so we can plan appropriately. [admin@winningtonpark.cheshire.sch.uk](mailto:admin@winningtonpark.cheshire.sch.uk)

We look forward to seeing you on the 22<sup>nd</sup> for the first session.

Yours sincerely,  
Mr Rob Cole  
(Headteacher)

**Return this slip to your child's class teacher: Parentalk Spring Term**

Child(ren) \_\_\_\_\_ Teacher(s) \_\_\_\_\_

Names of adults attending \_\_\_\_\_

Number of children attending the creche \_\_\_\_\_

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Headteacher: Mr Rob Cole email: [head@winningtonpark.cheshire.sch.uk](mailto:head@winningtonpark.cheshire.sch.uk)

