



# Cecil Road Primary & Nursery School

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**Headteacher: Mrs Y. Quigley**

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Dear Parents,

## Parent and Wellbeing Workshops

At Cecil road we are lucky to have a fully qualified and trained Emotional Well Being Practitioner working with our families, Emma Freeman.

Emma offers parent workshops for all families to access. These workshops will also be open to parents in other schools too.

If you are interested in the workshop below and would like more information then please don't hesitate to contact me (Hannah Day) at school. If you would like to attend the workshop then you just need to follow the link below on the day and time that it is on.

Date	Session
8.3.21	Understanding My Child's Anxiety –1pm (parent only) <a href="https://zoom.us/j/99445826284?pwd=dWRocUx5UUUBYmUyWGY0ME1obDVLZz09">https://zoom.us/j/99445826284?pwd=dWRocUx5UUUBYmUyWGY0ME1obDVLZz09</a> Second session of Create and Connect – 4pm (parent and child) <a href="https://zoom.us/j/92182594850?pwd=U0VHV1JMV1h3UGFmNXVIYnFKei8zQT09">https://zoom.us/j/92182594850?pwd=U0VHV1JMV1h3UGFmNXVIYnFKei8zQT09</a>
11.3.21	Transition back to school – 11am (parent only) <a href="https://zoom.us/j/92778581712?pwd=OHJvaCtSSVVUQ2hJWVA5NldqaWU4UT09">https://zoom.us/j/92778581712?pwd=OHJvaCtSSVVUQ2hJWVA5NldqaWU4UT09</a>
15.3.21	Third session of Create and Connect – 4pm (parent and child) <a href="https://zoom.us/j/91415193216?pwd=SElwbkJuQmNxQVRoSmVHYzFwbWNmUT09">https://zoom.us/j/91415193216?pwd=SElwbkJuQmNxQVRoSmVHYzFwbWNmUT09</a>
16.3.21	Understanding ADHD – 1pm (parent only) <a href="https://zoom.us/j/96291505281?pwd=SG5JWDRWODVUT3pCcjQ5YkNkbDRrZz09">https://zoom.us/j/96291505281?pwd=SG5JWDRWODVUT3pCcjQ5YkNkbDRrZz09</a>
18.3.21	Understanding my child's behaviour – 10am (parent only) <a href="https://zoom.us/j/92526834065?pwd=R0FneWlpVzNCeXQ2Mk5uQURqblhZZz09">https://zoom.us/j/92526834065?pwd=R0FneWlpVzNCeXQ2Mk5uQURqblhZZz09</a>
22.3.21	Fourth session of Create and Connect – 4pm (parent and child) <a href="https://zoom.us/j/94893714977?pwd=aUlnOUhyUmZ1UnpaV3JGWXBjMDhkZz09">https://zoom.us/j/94893714977?pwd=aUlnOUhyUmZ1UnpaV3JGWXBjMDhkZz09</a>

## **Create and Connect sessions**

These are group wellbeing sessions for parent/carers (and children can join their parent/carers too) to promote connection with others and resilience through create activities and reflection.

It is based on the 5 Ways to Wellbeing. Please see the YouTube clip that explains it in more detail <https://www.youtube.com/watch?v=bsc2QkCC3uI>

Each session will start with an introduction to the 5 Ways to Wellbeing and then we will discuss some activities that parent/carers and children can do for each Ways to Wellbeing. You do not have to attend every session.

Kind Regards,

Miss Day  
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