

07.10.2019

Dear Parents/ Carers,

**RE: Family Thrive for Parents and Carers**

You will be aware that in school staff use an approach to emotional regulation that is based on attachment theory, child development and basic neurology. The approach is collectively known as 'Thrive'. We are re-running our highly successful six week parent course to introduce parents to the fundamentals of Thrive and how it works in practice.

Come on this course to find out about:

- how our brains develop
- the relationship between feeling, thinking and behaving
- why play and creativity are so important to you and your child
- how to support your child at times of change and difficulty
- everyday trigger times and how to keep calm
- how to be a behaviour detective
- how Thrive is used in your child's school

Spaces will be limited to 10 people per course. The course will be facilitated by Deputy Head Teacher, James Waller and Family Partnership Adviser, Jan Patterson, staff with a number of years experience working with children with severe, profound and multiple learning difficulties.

The course will run from 9.30am- 11.30am on the following dates:

22nd October, 5th, 12th, 19th, 26 November, and 10<sup>th</sup> December.

You can book your free place on <http://senhub.org.uk/events-courses/> or you can contact school on 0191 5280440.

Yours,

*James Waller*

James Waller  
Deputy Head Teacher