



**CONCORDIA**  
ACADEMY

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Dear Parents/Carers,

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 reveals practical tips and techniques for parents who want the best for their children.

The programme costs £250 per parent but we have secured 20 places **for free** for parents at Concordia Academy. These places are awarded on a first come first served basis and all parents are welcome to apply.

Each weekly Parent Gym workshop is two hours, and will take place in school on the following dates:

**Every Friday at 9am. See individual dates below.**

**Taster – 12<sup>th</sup> of April (45 mins) – come and enjoy some refreshments and get to know Parent Gym!**

**3<sup>rd</sup> of May** Chat – 2 hours – Help your family talk and listen to each other

**10<sup>th</sup> of May** Love – 2 hours – Build self-esteem and independence through secure attachments

**17<sup>th</sup> of May** Behave – 2 hours – Bring calm and order to your home

**24<sup>th</sup> of May** Care – 2 hours – Looking after ourselves and our families

HALF TERM BREAK

**7<sup>th</sup> of June** Discover – 2 hours – Support your children to learn and explore

**14<sup>th</sup> of June** Together – 2 hours – Look to the future and recapping key techniques

The attached link will give you a brief overview of the interactive programme, and you are able to sign up easily by completing your details. Alternatively, to **confirm** your place, please speak to **Anna Pettigrew** or ask staff for further information.

We hope you choose to take up this exclusive opportunity, and look forward to hearing from you.

Yours sincerely,

Raheel Akhtar  
Headteacher

