

Dear parents,

**Parent Gym is coming back to Concordia Academy...  
This time it's virtual!  
And run by a highly experienced external ParentGym coach**

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. You are now able to attend Parent Gym virtually, so we can still run it and you don't even have to leave your house.

Many of our parents have already attended the course and feedback was extremely positive – but don't just take our word for it – our Parent Ambassador this term is Linda McLean, who many of you will know already. She will be happy to answer any questions you may have.

All parents are welcome to apply and places will be filled on a first come first served basis. Through our relationship with Parent Gym the programme is free for parents.

Each weekly session lasts two hours, and will take place on Zoom. Invitations will be sent out to before the sessions.

**Wednesday's from 9.30 a.m.**

**19<sup>th</sup> May: Chat** (2 hours) – Help your family talk and listen to each other

**26<sup>th</sup> May: Love** (2 hours) – Build self-esteem and independence through secure attachments

**9<sup>th</sup> June: Behave** (2 hours) – Bring calm and order to your home

**16<sup>th</sup> June: Care** (2 hours) – Looking after ourselves and our families

**23<sup>rd</sup> June: Discover** (2 hours) – Support your children to learn and explore

**30<sup>th</sup> June: Together** (2 hours) – Look to the future and recapping key techniques

To **confirm** your place, please email [familysupport@concordiaacademy.co.uk](mailto:familysupport@concordiaacademy.co.uk)

If you have any questions, please speak to Mrs Pettigrew or Linda McLean.

We look forward to hearing from you.

Yours sincerely,  
Mrs Pettigrew