

Dear Parent/Carer,

As part of our programme of Family Engagement, we have developed a partnership with the NHS Central Parenting Team. We are offering a parental support programme to parents of S1 pupils which develop support strategies for parents, as pupils approach their teenage years. This programme consists of 4 two hour workshops. Parents are welcome to attend as many or as few as they wish.

After initial consultation with S1 parents, it has been decided to offer two options for each workshop in order to maximise potential for attendance. Each workshop will be offered on a Tuesday afternoon, from 1-3pm, **and** on a Thursday evening, from 6-8pm.

Each workshop will be delivered to a maximum of 12 parents, and consists of discussion topics and group work with a NHS trained provider.

The workshops being offered are:

Workshop	Description	Workshop Options Date and Time	
Workshop 1	Getting Teenagers to Cooperate During this discussion, parents share some of their experiences and ideas about dealing with non-cooperation and discuss reasons why teenagers can be uncooperative. Several positive parenting strategies are introduced to help parents develop a plan to motivate their teenager to be cooperative at home.	Tuesday 14 th May 1-3pm	Thursday 9 th May 6-8pm
Workshop 2	Coping with Teenagers' Emotions In this session, parents discuss some of the reasons teenagers have emotional reactions and the skills that teens need to calm themselves down. Several positive parenting strategies are introduced to help parents teach their teen to better manage their emotions.	Tuesday 21 st May 1-3pm	Thursday 23 rd May 6-8pm
Workshop 3	Building Teenagers' Survival Skills This discussion topic explores why teenagers sometimes make risky decisions and how they can learn to keep themselves safe while gradually developing independence. Parents are introduced to positive parenting strategies to help their teen plan for situations which may potentially put their health or wellbeing at risk.	Tuesday 4 th June 1-3pm	Thursday 6 th June 6-8pm
Workshop 4	Reducing Family Conflict During this discussion parents share some of their experiences of conflict with their teenager and discuss why sometimes this occurs in families. Several positive parenting strategies are introduced to help parents teach their teens how to get along with other family members and resolve problems. Ways to manage times when conflict affects the whole family are also discussed.	Tuesday 18 th June 1-3pm	Thursday 20 th June 6-8pm

Places are limited and will be allocated on a first come, first serve basis. To book a place on a workshop please visit: www.parents-booking.co.uk/lourdes.

**Please note: You need to type this address into your website browser's 'web address bar'.
Try not to 'Google' search the website address, it will not be searchable that way.**

To login you will need to enter:

- Your first name and surname (of main contact)
- Your child's first name, surname and date of birth

Please note: The login details you enter must match those we have on record for you. If you have not alerted the school to any relevant name changes, we will be expecting you to login with the details you gave us originally.

It is recommended you provide an email address so that all confirmed places can be emailed to you.

The booking system will allow you to make appointments from **Thursday 2nd May 2019 at 7pm** and will close for bookings on **the day of the workshop or once all places have been allocated.**

Once all 12 places on the workshops have been allocated it will be no longer possible to book a place for that workshop. If you have not been able to secure a place, then please let the School Office know. If there is enough demand, we will arrange for these workshops to take place again after the summer holidays.

If you have any concerns or questions please do not hesitate to contact Mrs Connor, Mr Kerr or Miss Higgins via the school office.

Yours Sincerely,

D Connor

PT Parental Engagement