





Eleanor Palmer Shed Talks Spring Term 2022

We have a great series of talks and sessions for parents in the Shed this term.

All sessions begin at 9am on Friday mornings and finish at 10am.

	Spring Term 2022	Focus year group
Friday 28 th January	GROWTH MINDSET	Everyone
9-10am	Come and learn about the importance of developing a growth mindset. Practical tips to help your child to establish healthy habits for lifelong learning.	
	Session led by Rosie Thomson	0 8
Friday 4 th February	MATHS PACKS IN RECEPTION. THE BIG LAUNCH!	Reception
9-10am	We invite all parents from Reception to come and get an EP Maths Pack for you to use at home with your child.	Parents
or Thursday	 Come and find out how to use the resources in the pack and play some of the maths games. Find out how playing these games make a real difference. 	
10 th February 5-6pm	We ask for a £10 voluntary contribution toward the cost of the pack, we ask all Reception parents to attend one of the two sessions to collect a Maths Pack for your child. We will give you more information about this closer to the time. Watch this space!	*
	Session led by Sally Hill	
Esidou 44th Eobarona	KEEPING SAFE ONLINE	Everyone
Friday 11 th February 9-10am	Following Safer Internet Day this week, Mary will be back at EP to talk all about safe device use, interaction with social media and an update on new guidance for how to keep safe online.	
	Session led by Mary Rebelo - Camden Online Safety & Computing Consultant	
	HALF TERM	
Friday 25 th February	SUPPORTING YOUR CHILD TO DEVELOP POSITIVE MENTAL HEALTH	Everyone
9-10am	Join Naila for an overview in building resilience and practical strategies for promoting positive mental health.	
	Session led by Naila Hirani - Camden Health and Wellbeing Consultant	
Friday 11 th March	BUILDING HEALTHY SLEEPING HABITS AT HOME	Everyone
9-10am	Come along and find out about the importance of sleep for our children and for ourselves. Practical tips will be available to set up a healthy bedtime routine and strategies for managing sleep issues. You will leave feeling inspired to get everyone to bed early!	
	Session led by Gill Morris – Camden Senior Health and Wellbeing Advisor	
Friday 18 th March	TIMES TABLES - LEARN THOSE TIMES TABLES - MAKE IT FUN!	Everyon
9-10am	Knowing your times table facts is the foundation of so much of our maths work here at EP. To have those facts readily available is the greatest gift for future mathematical success. We know that practice makes permanent and we really value and encourage parental help at home. This session will provide ideas to make that practice fun as well as giving you insights into the patterns and rules of times tables.	
	Session led by Charlotte Maccormick	