

SHEDTALKS

Eleanor Palmer Shed Talks Summer Term 2019

We have another 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.

Summer Term 2019		Focus year group
Friday 17th May 9-10am	<p style="text-align: center;">Why is sleep so important?</p> <p>Come along and find out about the importance of sleep for our children and for ourselves. What are the detrimental effects of not getting enough sleep? Practical tips will be available to set up a healthy bedtime routine. You will leave feeling inspired to get everyone to bed early!</p> <p>Session led by Gill Morris, Senior Health and Wellbeing Advisor and Sally Hill</p>	Everyone
Friday 21st June 9-10am	<p style="text-align: center;">Managing your child's stress</p> <p>An important session with the intention of teaching you ways to support your child in managing situations that they find stressful. The session will have a particular focus on children's stress around; peer group, schoolwork, transitions, exams and other factors too.</p> <p>Session led by Deborah Kaiser - Camden Health & Wellbeing Consultant / Mental Health</p>	Everyone
Friday 28th June 9-10am	<p style="text-align: center;">Learn those times tables! Make it fun!</p> <p>We have always promoted learning times tables and now it is the national expectation that all children know them all by the end of Year 4! 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 give you ideas to make that practice fun as well as giving you insights into the patterns and rules of times tables.</p> <p>Session led by Kate Frood.</p>	Everyone
Friday 5th July 9-10am	<p style="text-align: center;">Internet Safety</p> <p>Back by popular demand! A session focussing on keeping our children safe online. Find out about;</p> <ul style="list-style-type: none"> • Online privacy • Age appropriate sites and apps • Learn about resources you can use with your children • Practical ways to help your child to be safe online. <p>Session led by Mary Rebelo, Computing Teacher from the CLC</p>	Everyone