

**BOLNEY C.E.P. SCHOOL**

*Church Lane, Bolney, Haywards Heath, West Sussex RH17 5QP*

*Tel: 01444-881352 Fax: 01444-881047*

*E-mail:* *office@bolneyprimary.school*

*Web:* [*http://bolneyschool.org.uk/*](http://bolneyschool.org.uk/)

**Headteacher: Ms Emma Lofthouse, BEd Hons**

**Dear Parents and Carers,**

We are delighted to let you know that our Family Support Worker, **Annie Rowland**, will be running a series of parent workshops throughout the year. These sessions are designed to provide practical advice, strategies, and support for families.

Each workshop will run at **2:00pm in the hall** on the following dates:

* **Supporting my child to emotionally regulate** – Monday 13th October 2025
* **Healthy relationships and friendships** – Monday 8th December 2025
* **Supporting my child with their worries and managing our worries as parents** – Monday 12th January 2026
* **Positive communication** – Monday 16th March 2026
* **My digital child** – Date tbc
* **Supporting children to understand a change in family dynamics** – Monday 6th July 2026

Spaces are limited, so we kindly ask that you book your place in advance.

If you would like to attend, please contact the school office to reserve your place. We hope that you will find these sessions both supportive and helpful, and we look forward to seeing as many of you as possible.

**Kind regards,**

Rebecca Burton SENDCo