

**2019 - 2020**



**Terms 2 & 3**



# Family Learning Programme



Dear Parents and Carers,

This booklet contains details of the courses running as part of the Torfield Family learning support programme.

We are continuing to link our courses with the themes of Torfield Rainbow Awards. You will see which of the 6 areas each course comes under when reading the descriptions.

Our courses are open to families of Torfield children, so not only will you be learning, but you will also have the opportunity to meet and socialise with other families. Our courses are run by Torfield staff and some courses are supported by outside agencies.

**This year, we are running a series of either café's or workshops. Café's will include your children and they will be invited along when you book onto a café course. Workshops will not include the children and will involve discussion and focus on supporting strategies.**

Please take a look through the booklet and feel free to book places at as many of the courses as you feel would be useful to you. We will confirm places by email or text (where an email or mobile number has been provided).

Please note that there may be times where dates of courses are required to change, in such circumstances we will endeavour to notify all parents booked onto the course as soon as possible. When booking onto a course please mark this on to your calendar as it is not always possible to remind everyone before each course begins.

If you have any further questions regarding the training courses, then please do not hesitate to contact Mrs Alison Love, Assistant Headteacher.

**All courses will be held in the training room at:**

**Torfield School,  
Croft Road,  
Hastings  
TN34 3JT**

- **Resources to support communication – café**



*Being a good communicator*

*Aims: To explore a range of resources children in school will use to support their communication.*

*Come and explore with your child in our communication café, the types of resources we use in school to support*

*with communication. This will include, PECs, Symbols and signs, talking tins, lego therapy and more.*



*Thursday 5<sup>th</sup> December @ 2pm*

- **Behaviour: boundaries and routines discussion workshop**

 **Being safe**

*Aims: To have the opportunity to discuss key behaviour issues in the home and gather strategies to support them.*

*This session is to be run by 'open for parents' – our key contact is Ann Marie Cox.*

*You will have an informal opportunity to discuss with Ann Marie and other parents, difficulties you are experiencing with your child's behaviour at home and learn strategies to deal with them effectively. This will include setting up household rules, quiet time and time out strategies.*



*Friday 13<sup>th</sup> December @ 1.30*

- **Behaviour support coffee morning**

 **Being safe**

*Aims: To meet other parents and support each other through discussion.*

*This is a coffee morning where you will have the opportunity to meet other parents over a hot drink and*

*cake and chat about things that are important to you in relation to your child's behaviour.*

*Ann Marie Cox will be there to offer support and lend a listening ear. There will be tip sheets for you to take away with you to support you at home.*



*Monday 2<sup>nd</sup> December @ 10.00*

- **Dental health – café**

 ***Being healthy***

*Aims: To support you to maintain good oral health for your child.*

*There will be some information and strategies sharing and opportunities for you to discuss challenges you have in this area with your child in mind.*

*Your child can be present at this session with you if you would like them to be. There will be activities you can participate in together.*



*Tuesday 11<sup>th</sup> February @ 1.45*

- Food sorting – café

 **Being healthy**

*Aims:* *To identify a range of healthy foods and opportunities for both you and your child to try them together.*

*Within this café, you and your child will be invited to look at a selection of different foods and together sort them into groups, identifying those which are healthy and those which are not so healthy.*

*Opportunities to taste different foods will be given as part of this café and ways to eat them with some recipe ideas.*



*Thursday 30<sup>th</sup> January @ 2.00*

- [Communication through behaviour - workshop](#)



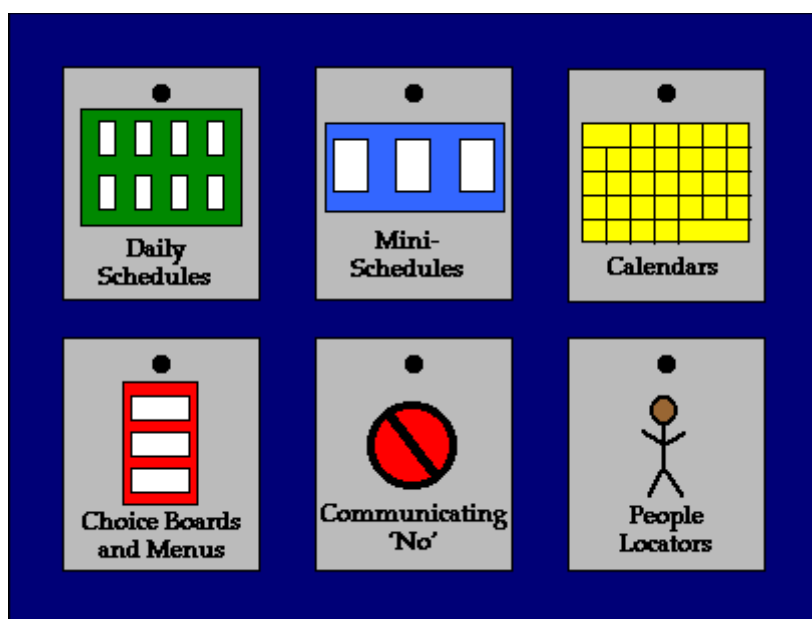
***Being a good communicator***



Aims: To have the opportunity to discuss how frustration with communication can result in undesirable behaviour and have the opportunity to make resources to support with this at home.

This course will give you the opportunity to make some resources needed to help your child with communication at home.

There will be access to computers, laminators etc. during the session and staff will be on hand to advise and support with the process.



Thursday 6<sup>th</sup> February @ 1.30

- Triple P behaviour support – Stepping stones



**Being safe**

*Aims: This course will provide parents with a range of techniques to teach children with additional needs, in areas such as; communication, problem-solving, self-care and self-regulation.*

*Parents learn strategies to assist with managing behaviour and they will also learn to develop parenting routines to encourage children to follow instructions. Other areas covered are: family survival tips, identifying high-risk situations, and developing planning ahead routines.*

*This will be delivered as five 2 hour group sessions.*

*Then there are 3 (15 to 30 minute) individual (telephone) consultations to assist parents with independent problem solving while they are practising the skills at home. This will be followed up with a final session to close the course.*

*This course is run by 'open for parents'.*



*Monday 2<sup>nd</sup> March – Introduction session starting at 10am.*

*Monday 9<sup>th</sup> March, 16<sup>th</sup> March & 23<sup>rd</sup> March 10-12.30.*

*During the Easter break phone calls will take place to discuss key areas agreed. Final session - Monday 20<sup>th</sup> April & 27<sup>th</sup> April 10-12.30.*

- **Contenance clinics**

 **Being healthy**

*Aims: To provide support for your child's continence issues.*

*These clinics are being run by a children's continence advisor from the Children's bowel and bladder service.*

*When signing up for a date there will be 3 time slots available for a duration of 45 minutes on a 1:1 basis. They will run from 9.45-10.30, 10.30-11.15 or 11.15-12.00.*

*This will be an opportunity to discuss any continence issues with the continence nurse and hopefully be provided with some strategies to try with your child.*



*Dates monthly throughout the year*

- [EasyPeasy programme](#)

 **Being a good communicator**

Aims: To provide parents with a range of activities and games they can use to engage their children in play.

This is a 20 week course, open only to parents of children in Reception, Year 1 and Year 2.

The programme itself will be open to all parents of the year groups listed above, however there is an additional opportunity to come along to an introduction of the programme and 2 follow up sessions to discuss progress through the course and any success stories or barriers faced through the course.

EasyPeasy is a course we have bought in to and works on the early stages of learning through play.

During EasyPeasy's 20 week journey, they will send parents simple, educational game ideas to your mobile phone, creating more playful situations at home. Crucially, EasyPeasy games do not contribute to screen time for children, but are played in the real world, in homes, back gardens and parks in your community.



*Date to begin TBC*

If you would like to book a place on any of the courses within this booklet, please complete the form below and return marked for the attention of Alison Love at Torfield School.

Course name	Date & time	Number of places required
Behaviour support <b>COFFEE MORNING</b>	Monday 2 <sup>nd</sup> December 10am	
Resources to support communication <b>CAFÉ</b>	Thursday 5 <sup>th</sup> December 2pm	
Behaviour: boundaries and routines discussion <b>WORKSHOP</b>	Friday 13 <sup>th</sup> December 1.30pm	
Dental health <b>CAFÉ</b>	Tuesday 11 <sup>th</sup> February 1.45pm	
Food sorting <b>CAFÉ</b>	Thursday 30 <sup>th</sup> January 2pm	
Communication through behaviour <b>WORKSHOP</b>	Thursday 6 <sup>th</sup> February 1.30pm	
Triple P – Stepping stones behaviour support <b>WORKSHOP</b>	Monday 2nd March – Introduction session starting at 10am. Monday 9th March, 16th March & 23rd March 10-12.30. During the Easter break phone calls will take place to discuss key areas agreed. Monday 20th April & 27th April 10-12.30.	

Names of all people applying for a place:

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Mobile telephone for texts: \_\_\_\_\_

Email: \_\_\_\_\_

Child's name: \_\_\_\_\_

All courses will be held at:

Torfield School  
Croft Road  
Hastings  
TN34 3JT