

STANLEY PARK JUNIOR SCHOOL

Stanley Park Road, Carshalton, Surrey SM5 3JL

A Foundation School in the London Borough of Sutton

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16th December 2021

Dear Parents,



"SMALL CHANGE, BIG DIFFERENCE" PARENT GROUP FOR SPJS

Some of you may have had the opportunity to sign up for a '**Small Change, Big Difference**' **parenting course** in the past. However, we are aware that there were parents who missed out on this opportunity. As a result, Stanley Park Junior School is offering the opportunity, in partnership with Adapt to Learn, for this parenting course to be run especially for SPJS parents.

Tracy Matthews and Melanie Vijayaratham, founders of Adapt to Learn, are specialist practitioners in social communications and offer tremendous insight to developing social communication skills, managing behaviour and anxieties and strategies for change and resilience. One of the first questions asked of parents when referrals are submitted is whether they have had the opportunity to attend any parenting courses. Often a small change makes a big difference.

The course comprises of three x 1.5-hour sessions. Taking a positive approach, together we will explore practical strategies to help develop communication skills. We will look at how parents can pre-empt and manage their child's behaviour and to help them gain confidence and resilience for themselves and their children. During our online sessions, parents will be given the opportunity to make connections, gain support and feel less isolated.

This set of workshops give parents/carers an opportunity to gain greater knowledge and understanding of their child's behaviour, how behaviour may link with communication and what we can do to help. Strategies will be shared so families feel more confident and empowered to move forward with positivity.

Change happens all the time, whether we like it or not! We will look at how we prepare our children so they are better able to cope with change. We will explore practical strategies which can be used to help children begin to manage their responses to change and look at how we can build resilience in both ourselves and our children.

The sessions will be held online via Google Meet. All you need is a device with a camera, such as a laptop or smart phone. You will be asked to commit to all three sessions. The sessions will be held on:

Thursday 20/01/2022 at 7.00-8.30pm

Thursday 27/01/2022 at 7.00-8.30pm

Thursday 3/02/2022 at 7.00-8.30pm

Places are limited, so please sign up as soon as possible by completing the following Google Form: <https://forms.gle/ZTVGZk9ZiuBuySiD8>

Yours sincerely,

Mrs J. Quigley (Assistant Headteacher)

Headteacher: Amanda J Lamy BA (Hons)

Deputy Headteacher: Julia Burr ridge BA (Hons)