



THE PEGASUS ACADEMY TRUST



Executive Principals:
Mr M J Roberts & Ms L D Sampson
Headteacher: Mr R Veale

18th October 2022



Dear Parents/Carers,

Parent Gym is coming back to Atwood.

We know from talking with parents that many of you wonder what you can do to give your children the best start in life (and make your life as a parent a bit easier too).

This is why we're delighted to offer Parent Gym, a well-established, six-week programme that shares and explores practical tips and strategies to make family life easier and help your children thrive. All parents/carers are welcome to apply and places will be filled on a first come first served basis. Through our relationship with Parent Gym the programme is free for parents.

Each weekly session lasts two hours, and will take place in the Children's Centre. Mrs Standing facilitates the sessions and has been a Parent Gym coach for the last 5 years.

The sessions will take place on a Friday, from 9.00 a.m – 11.00 a.m.

- Friday 4th November: **Chat** (2 hours) – Help your family talk and listen to each other
- Friday 11th November: **Love** (2 hours) – Build self-esteem and independence through secure attachments
- Friday 18th November: **Behave** (2 hours) – Bring calm and order to your home
- Friday 25th November: **Care** (2 hours) – Looking after ourselves and our families
- Friday 2nd December: **Discover** (2 hours) – Support your children to learn and explore
- Friday 9th December: **Together** (2 hours) – Look to the future and recapping key techniques

To **confirm** your place, please email Mrs Standing at kstanding@pegasusacademytrust.org
We look forward to hearing from you.

Yours faithfully,

Mrs K Standing
Assistant Head – EYFS and Key Stage 1

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