



Monday 24<sup>th</sup> September 2018

**Re. 'Resilience' Parent and Carer Café: Thursday 4<sup>th</sup> October 2018**

Dear Parents and Carers,

This is a great opportunity for you to come along, enjoy a tea or coffee and pick up lots of tips to help you nurture your child's resilience – from our Learning Coach, Lorraine Thomas. Life can be a challenge for all of us at times and sometimes we need a little help to manage it. Resilient children are positive and happy. They rise to challenges. They learn to manage difficult feelings like stress, fear, sadness and anger. They take practical actions inside their control to solve problems. They take responsibility. Life doesn't just happen to them – they are in the driving seat. Lorraine works with children across the school, equipping them with creative tools and strategies to manage their emotions – in the classroom, in the playground and at home. It's an opportunity for you to build on your expertise as a Mum, Dad or carer. The café will be full of easy-to-implement ideas for you to integrate into busy family life.

Lorraine is the author of a new publication 'Super Coach Arty vs The Shadow – Taking the Fear out of Failure' (JKP 2018). It's based on the work that she has done with children at Dulwich Hamlet over the past 5 years.

The Café will take place on Thursday 4<sup>th</sup> October between 8:45 and 10am in our Burbage classroom, just off of Turney playground.

Please RSVP via the school office if you would like to join us for this opportunity, there will be limited places: [office@dulwichhamletjuniorschool.org.uk](mailto:office@dulwichhamletjuniorschool.org.uk)

Hoping that you can join us.

Yours sincerely,

Claire Purcell

Head of School