



DOVEDALE PRIMARY SCHOOL ONE Academy Trust

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Aiming High Together

September 2024

Dear Parents.

As many of you will know, we have now been running Thrive sessions for the children in school for sometime. Over this time, many children have benefited from either one to one or small group nurture work to support them with a range of difficulties including emotional upset, well-being, self-confidence, behaviour and coping with loss.

We have developed 'Thrive' further by offering you a chance to learn more about the principles of Thrive and how you can implement some of the strategies into your day-to-day routines through our family thrive course. This is a six-week course to introduce you to the fundamentals of Thrive and how it works in practice. Each session will be on a Thursday afternoon and will be led by Miss Martin and Mrs. Mather. The course will be held in school and there is no cost involved. The first hour of these sessions will be adults only looking at different Thrive strategies and how these can be implemented into your family home. During this time we will be look at :-

- how our brains develop and how your right brain talks to your left-brain!
- why play and creativity are so important to you and your child.
- how to support your child at times of change and difficulty.
- everyday trigger times and how to keep calm.
- how to be a behaviour detective.

For the last half hour of the session you will be joined by your child / children who are currently in school, during this time you will do a range of calming and soothing activities that you can then do at home.

Our next course will start on Thursday 7th November from 1.30pm until 3.20pm and run for six weeks with the last week being Thursday 12th December 2024.

If you would like to join us for this course then please return the slip to the office by Wednesday 9th October 2024, we are limited to a maximum of 8 people per course, places will be offered on a first come, first served basis or alternatively you can email Miss Martin on jmartin@dovedale.derbyshire.sch.uk

Thank you,

Miss Martin.

I wish to attend the family thrive Course starting in November - Yes / No.

My name: _____

Child's name: _____

Signed: _____



Company Name: ONE Academy Trust

Company Registered No. 9093035 (England and Wales)

Registered Office: Sawley Junior School, Wilmot Street. Long Eaton, Nottingham. NG10 3DQ