



DOVEDALE PRIMARY SCHOOL ONE Academy Trust

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Aiming High Together

July 2024

Dear Parents.

As many of you will know, we have now been running Thrive sessions for the children in school. 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 Tuesday 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 Tuesday 17th September- 1.30pm - 3.15pm and continue for six weeks with the last week being Tuesday 22nd October. Our second course runs from Tuesday 5th November until Tuesday 10th December - 1.30pm - 3.15pm.

If you would like to join us on one of our courses in the Autumn term please return the slip to the office by Friday 19th July 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 September - Yes / No.

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

My name: _____

Child's name: _____

Signed: _____



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Company Name: ONE Academy Trust

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