



DOVEDALE PRIMARY SCHOOL

Willows Academy Trust

Dovedale Avenue, Long Eaton,
Nottingham. NG10 3HU
Telephone 0115 973 5984
FAX 0115 973 6701

Headteacher: Sarah Houseman
E- Mail: headteacher@dovedale.derbyshire.sch.uk
Web site – www.dovedaleprimaryschool.co.uk



Aiming High Together

Thursday 10th June 2021

Dear Parents.

As many of you will know we have now successfully been running Thrive sessions for the children for the past three years 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 from emotions, well-being, self-confidence, behaviour and coping with loss.

Prior to the first national lockdown in March 2020, we had started to develop '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 last for two hours and will be led by Miss Martin and Mrs. Mather. The course will be held in school and there is no cost involved.

During the course we will be look at: -

- the Thrive Approach
- how our brains develop
- 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.

During the autumn term (2021) we will be running two courses on a Tuesday afternoon from 1.00pm - 3.00pm.

The first course will run from Tuesday 14th September to Tuesday 19th October.

The second course will run from Tuesday 9th November to Tuesday 14th December.

If you would like to join us on one of our courses please return the slip to the office by Friday 25th June, we are limited to a maximum of 8 people per course, places will be offered on a first come, first served basis.

Thank you,

Miss Martin.

I wish to attend the first Thrive Course

I wish to attend the second course.

I don't mind which course I attend.

My name: _____

Child's name: _____

Signed: _____

Willows Academy Trust ... ASPIRE ... ACHIEVE ... THRIVE ... Willows Academy Trust

Company Name: Willows Academy Trust (www.willowsacademytrust.co.uk)

Company Registered No. 9093035 (England and Wales)

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