

# Family Support Newsletter

## Blue Gate Fields Infants

Issue 1

### Welcome Coffee Morning

We started the term with a welcome coffee morning, and we had approximately 35 parents who attended. Parents received information about upcoming courses and how they could support their child's learning and development at home.

Dear Families,

Nazia our Parental Engagement and Family Support Practitioner is at the school every Tuesday. She has been supporting families with a host of queries ranging from housing, parenting, emotional well-being, and healthy living to name but a few.

A huge thank you to all the parents and families who have engaged with her in such a positive and enthusiastic way.

Nazia is here to support with:

- School induction/getting involved in school life
- Family relationship problems
- Parenting and building positive relationships with children
- Courses and workshops in school
- Children's behaviour
- Referrals to TH agencies
- Support for meetings
- Training, education and employment opportunities
- Health, well-being and emotional issues
- Housing and financial worries
- Home visits by appointment

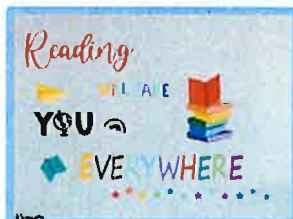


### Healthy Families

Hamida from the parental engagement team ran a healthy family's session and talked about the importance of oral health, healthy snacks and creating balanced meals using the eat well guide.

### Reading with your child – Reception parents and children

Nazia ran a session for individual classes, parents were given tips on how to develop and encourage reading for pleasure. The session concluded with a joint parent-child activity.



### Self-Massage and Aromatherapy Course

We were very lucky this year to be chosen to take part in the self-massage aromatherapy course which was delivered by the outreach team at the Mary Ward Centre College. The course tutor was patient, knowledgeable and enthusiastic about answering any questions the parents had about how aromatherapy oils could be used to improve health.



### Dental Awareness Session

Michelle, a nurse from the Kent Community Health Trust, ran a very engaging session on how to keep your child's teeth clean and healthy. She also spoke about the impact of sugary snacks on children's gum and overall teeth health.

### E-safety with Police Liaison Officer

Jemma the school police liaison officer ran an informative session about the dangers and risks children may face whilst playing online games and navigating online sites. This session was very well attended, and parents found it useful and eye-opening.

**Nazia Ahmed (07932760401) [nazia.ahmed@towerhamlets.gov.uk](mailto:nazia.ahmed@towerhamlets.gov.uk)**

**Parental Engagement & Family Support Practitioner**

**(Working days Tuesdays)** If you would like to discuss anything with Nazia, please free to contact her via the school office or on her mobile