

Parent and Family Support Service

Spring Term

13th January

Emotional First Aid
Session 1

20th January

Emotional First Aid
Session 2

27th January

Emotional First Aid
Session 3

3rd February

Emotional First Aid
Session 4

24th February

Keeping Children
Safe Online (Mobile
Phones)

3rd March

Canvas Painting 1
Limited-please book

10th March

Canvas Painting 2
Limited-please book

17th March

Canvas Painting 3
Limited-please book

24th March

Boost your Gut-
External Guest
Speaker from the
NHS



Dear Parents and Carers,

My name is Hamida Begum, and I am part of the Tower Hamlets Parental Engagement Team. I am delighted to share that I will be based at Blue Gate Fields Infants School this year, supporting Early Years families to get involved in school life and in their child's learning journey.

Throughout the year, we will be offering a range of fun, informal workshops designed to help you support your child's learning and development. Please keep an eye out for upcoming dates and add them to your diaries or phones.

I will be in school every Tuesday, so if you see me around, please do come and say hello—I look forward to meeting you.

If you would like to get in touch, you can contact me via the school office or on my mobile: 07543 516 092