



Buckinghamshire Family Learning



Family Learning courses commencing week 19 September 2022*

*Unless stated otherwise

Welcome to Family Learning Schools and Early Years 2022-23 Term1 programme. All our workshops and five-week courses are **free** for parents and carers to help support their child at various stages of Early Years development, understand the curriculum and to make progress at school. We hope that you will join us for one of our fun and informative courses and workshops starting this September. Booking is essential. **To enrol onto the course, use the QR code, click the link or contact the Enrolment Team on 01296 383582.**



Stories



EY Fun with Words (Wycombe/Online)

Share a different book each week and improve your child's vocabulary and early reading skills

Wednesday 10a-12pm (Wycombe),
Thursday 9:30am-11:30am (Online)



Creativity



EY Play and Learn (Aylesbury/Chesham/Online)

Support your child's development and discover how your child can learn through play

Tuesday 9:30am-11:30am (Online)
Tuesday 1pm-3pm (Aylesbury)
Wednesday 10am-12pm (Chesham)



EY Autumn Craft Workshop (Online)

QRShare a seasonal story, sing songs and make fun crafts

Thursday 13 October, 10am-12pm



Reception: Starting Reception (Online)

Support your child to be ready for their first year at school and learn how and what they are taught.

Monday 9:30am-11:30am
Tuesday 12:30pm-2:30pm
Wednesday 9:30am-11:30am



Maths



Y1&2: Support Your Child with Maths - Number (Online)

Look at how maths is taught in Y1&2 and learn how improve your child's maths skills and knowledge

Monday 7pm-9pm
Tuesday 12:30pm-2:30pm
Wednesday 9:30am-11:30am
Thursday 9:30am-11:30am



Maths



Y3&4: Support Your Child with Maths - Number (Online)

Look at how maths is taught in Y3&4 and learn how improve your child's maths skills and knowledge

Monday 9:30am-11:30am
Tuesday 9:30am-11:30am
Wednesday 12:30pm-2:30pm



Maths



Y5&6: Support Your Child with Maths - Number (Online)

Look at how maths is taught in Y5&6 and learn how improve your child's maths skills and knowledge

Wednesday 7pm-9pm
Thursday 9:30am-11:30am



First Aid



Everyday First Aid (Online)

Learn tips on how to deal with choking, burns and minor injuries. Increase your confidence in applying basic First Aid

Monday 3 October, 9:30am-12pm
Other dates/venues to be published



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Wellbeing



Yoga and Mindfulness – Parent and Child (Online)

Improve wellbeing through yoga. Learn techniques and practice mindfulness with your child

Monday 5pm to 6pm



Wellbeing



Key Stage 1

Support your Child's Wellbeing (Online)

Explore ways to build your child's confidence, self-esteem and improve resilience

Thursday 9:30am-11:30am



Wellbeing



Key Stage 2

Support your Child's Wellbeing

Explore ways to build your child's confidence, self-esteem and improve resilience. Look at strategies to help cope with anxiety and stress

Tuesday 9:30am-11:30am



Wellbeing



Key Stage 3

Help your Child Build Confidence and Resilience Workshop (Online)

Explore ways to build your child's confidence, self-esteem and improve resilience. Help them deal with media influence and peer pressure

Tuesday 20 September, 6pm-8pm



Wellbeing



Key Stage 3

Help your Child Cope with Stress and Anxiety Workshop (Online)

Explore strategies to help your child cope with set-backs, stress and anxiety and how to support them to improve their resilience

Tuesday 4 October, 6pm-8pm



Wellbeing



Key Stage 3

Help your Child Build Positive Relationships Workshop (Online)

Explore ways to support your child build and maintain positive relationships. Help them deal with bullying and other peer on peer abuse

Tuesday 18 October, 6pm-8pm

For more information, please contact a member of our Family Learning Early Years team:
Wendy Thomas: (Aylesbury/Chesham) 07768 044813 / Sarah Winfield: (Wycombe) 07825 862029
For more information, please contact a member of our Family Learning Wellbeing/School team:
Kathryn Holmes 07768 044813

How to use the QR code: Hold your phone camera over the QR code so it is clearly visible on the screen. Your phone will read the code and automatically redirect you to BAL Family Learning website.