



# 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.**

 <p><b>Reception: Starting Reception (Online)</b></p> <p>Support your child to make a great start to their first year at school. Learn how and what they are taught.</p> <p><b>Tuesday 12:30pm-2:30pm</b> <b>Wednesday 9:30am-11:30am</b></p> 	 <p><b>Key Stage 1 Support your Child's Wellbeing (Online)</b></p> <p>Explore ways to build your child's confidence, self-esteem and improve resilience</p> <p><b>Thursday 9:30am-11:30am</b></p> 
 <p><b>Key Stage 2 Support your Child's Wellbeing (online)</b></p> <p>Explore ways to build your child's confidence, self-esteem and improve resilience. Look at strategies to help cope with anxiety and stress</p> <p><b>Tuesday 9:30am-11:30am</b></p> 	 <p><b>Key Stage 3 Yoga and Mindfulness – Parent and Child (Online)</b></p> <p>Improve wellbeing through yoga. Learn techniques and practice mindfulness with your child</p> <p><b>Monday 5pm to 6pm</b></p> 
 <p><b>Y3&amp;4: Support Your Child with Maths - Number (Online)</b></p> <p>Look at how maths is taught in Y3&amp;4 and learn how improve your child's maths skills and knowledge</p> <p><b>Monday 9:30am-11:30am</b> <b>Wednesday 12:30pm-2:30pm</b> <b>Thursday 7pm-9pm</b></p> 	 <p><b>Y5&amp;6: Support Your Child with Maths - Number (Online)</b></p> <p>Look at how maths is taught in Y5&amp;6 and learn how improve your child's maths skills and knowledge</p> <p><b>Wednesday 7pm-9pm</b></p> 
 <p><b>Y1&amp;2: Support Your Child with Maths - Number (Online)</b></p> <p>Look at how maths is taught in Y1&amp;2 and learn how improve your child's maths skills and knowledge</p> <p><b>Thursday 9:30am-11:30am</b></p> 	 <p><b>Everyday First Aid</b></p> <p>Learn tips on how to deal with choking, burns and minor injuries. Increase your confidence in applying basic First Aid</p> <p><b>Monday 3 October, 9:30am-12pm</b></p> <p>Please look online for other workshops running next term</p> 



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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

**Wednesday 12 October, 10am-12pm**



Stories



### EY Fun with Words (Wycombe/Online)

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

**Wednesday 10am-12pm** (Wycombe),

**Thursday 9:30am-11:30am** (Online)

**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.**



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adultlearningbc.ac.uk



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Funding Agency



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