



Wednesday 11th September 2019

Dear Parents

At Ark All Saints Academy we believe that being a parent is the most important and the most challenging job. For such a huge responsibility it is amazing that there is no training, there are limited manuals and there are no qualifications that you can 'pass' before you take on this amazing role.

When your children join secondary school, it is a new phase of their and your life. As they become more independent and become 'teenagers' parents can quickly feel out of their depth. This is often a phase that fills parents with dread. At AASA we believe it doesn't need to be that way.

Most young people will get through school and their teenage years and become confident and capable adults who will make you proud.

Over the past few years we have learnt that there are some challenges, common to most parents and teenage relationships and that with some guidance and wisdom, that can be managed easily. For example:

- how to communicate with a non-communicative teenager,
- how to overcome arguments
- what to do about Social Media.

We are, therefore, really happy to offer ALL parents the opportunity to attend a 10-week group session with other parents. It will be an opportunity to share your own experiences, wisdom and get some great advice from others who are at the same stage.

Parents who attend the sessions will take an active part in agreeing the rules for the group. Everything discussed and shared will be confidential in line with Southwark's Safeguarding Policy.

The group will meet on Friday mornings from 9.30-12.30 with lunch provided. It is completely free and will start on September 20th.

If you are not sure that this is for you, please come along to our commitment free session for coffee and cake on Friday September 13th at 9.30am to meet the facilitators and find out more.

To register your interest please text: Parent group, your name and your child's name to 07908826788.

This programme has received excellent feedback in other settings, boroughs and schools, and we are really excited to be able to offer it at AASA.

Yours Faithfully

Ms L Frame
Principal

Principal: Lucy Frame

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