



ROCKLIFFE MANOR
PRIMARY SCHOOL

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Thursday 26th January 2023

Dear Parent/carers,

Re: Parent/Carer Workshop

The emotional well-being of our children and families is of upmost importance to us at Rockliffe Manor. Children can only learn in an environment where they are valued and feel safe. As a school we are developing our understanding of a trauma informed approach to education. We are very pleased to offer you this insightful workshop designed for parents/carers about Trauma Informed Care. The workshop will be led by practitioners from Greenwich Mental Health in Schools Team.

Trauma Informed Care Parent/Carer Workshop

Universal One-off Workshop - Monday 30th January 9am - 11am Venue: Beachwood

Trauma and adverse childhood events can have a significant impact on children's development and overall wellbeing. This workshop will touch on trauma-informed approaches to parenting and provide some strategies to promote positive relationship between parent/carers and child.

NB: This topic might be triggering for people who have experienced/ experiencing trauma and adverse life events so please feel free to let any of the facilitators or Ms Zena Thomasi-Hyde know if you need any resources.

Aims

- To define trauma & trauma informed care.
- To understand the impact of adverse childhood experiences.
- To explore the guiding principles of trauma informed care.
- To promote having a positive impact with secure attachment.
- To discuss self-care and helpful strategies.

Session Outline:

9 - 9.30 - Tea, Coffee, Refreshments and Chat

9.30 - 10.30 - Workshop

10.30 - 11am - Support (optional)

Yours sincerely,

Nancy Cook
Associate Head teacher

Aimi Vdovin
Head Teacher