

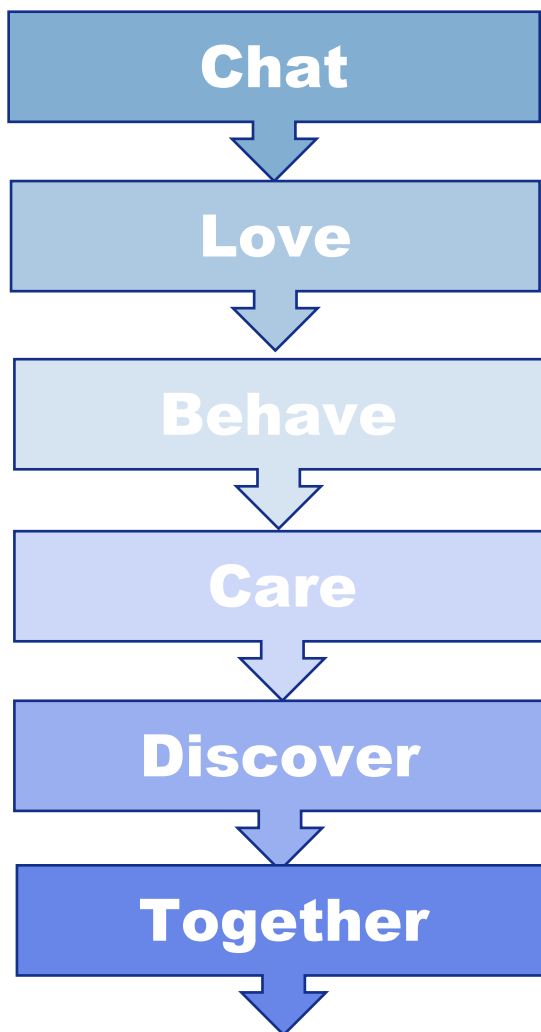
Parent Gym

Parent Gym is a course of six two-hour workshops with 'missions' to complete in between each one. Each 'gym' has up to 12 parents and one Parent Gym Coach. Each week's session is devoted to a different topic and comes with its own unique Parent Gym magazine packed with practical tips. The highly interactive sessions explore a vast range of questions such as "How can I get my child to open up?", "How can I resolve family disagreements in a positive way?" or "How can I build my child's resilience?"

The sessions are completely free and will be held in school on Thursday mornings 9.10am - 11.10am. We have 12 spaces available and it will be first come first serve. To book your place, please email school office at admin@rokesly-jun.haringey.sch.uk.

The session dates are as follows:

- Week 1: Chat – 4th November
- Week 2: Love - 11th November
- Week 3: Behave - 18th November
- Week 4: Care – 25th November
- Week 5: Discover – 2nd December
- Week 6: Together – 9th December



To book your place, please email school office at admin@rokesly-jun.haringey.sch.uk.

