

WELLBEING PARENT WORKSHOPS 2025



Delivered by Wellbeing in Newham Schools (WINS) Team

- Workshops will focus on how you can support your child's wellbeing
- A space to learn about wellbeing, to discuss and chat with other parents/carers
- Ask Ranelagh's Education Wellbeing Practitioner (EWP) any questions!

ALL PARENTS/CARERS OF RANELAGH PRIMARY SCHOOL ARE WELCOME TO JOIN!

DATES & TOPICS:

- **11th March** - Helping my child with their sleep routine
- **25th March** - Keeping my child safe online
- **1st April** - Supporting my child with Exam Stress (Year 5/6)
- **22nd April** - Managing my child's behaviour at home
- **6th May** - Managing my child's anxieties at home
- **20th May** - Transition to secondary school (Y5/6)

TUESDAYS - 2pm to 2:50pm
NAPIER LODGE with MONA RAHMAN

For more information, please see Mrs Sheikh or
email: info@ranelagh.ttlt.academy