



Young Hackney & Holmleigh parent/Carers health & wellbeing sessions

Thursday 10th November 2022 @9am-9:45am in the school hall

Young Hackney's health and wellbeing team are offering parents/carers sessions to support and improve the development, learning and health of pupils at Holmleigh primary school.

We aim to work in an informed manner that assists in reinforcing children's health and learning both at home and at school to achieve better outcomes for pupils.

What we offer:

- *Additional resources and information- information about programmes and resources available in Hackney*
- *Connect with other parents/carers*
- *Skills to improve parent-child interactions*
- *Promote parental empowerment*
- *Refreshments will be provided*

Session 1: Online safety

Talking about the internet can be overwhelming, as there's constantly something new being released. This session aims to support you to start conversations about internet safety, how to utilise security settings and provides information and resources to support your child/children as they use the internet.

For more information, please speak with Miss Boateng