



# Tring School

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Mortimer Hill Tring Herts HP23 5JD



22 January 2021

Dear Parent / Carer

## **Empowering Parents So Children Can Thrive - Must not miss support and guidance for all parents and carers.**

The Tring Schools Consortium are pleased to be able to offer four workshops for parents and carers to support with navigating the challenges of parenting in a lockdown and supporting emotional resilience in children. Each of the four sessions will be hosted by Dr Kathy Weston.

Dr Weston is one of the UK's national experts on parental engagement in children's lives and learning. She holds a Masters and Doctorate in Criminology from the University of Cambridge, has co-authored two books on "Engaging Parents" (Bloomsbury, 2018/2020) and is the founder of Tooled Up Education; a digital library of evidence-based tips on all aspects of parenting, family life and education. See: [www.tooledupeducation.com](http://www.tooledupeducation.com)



Empowering  
parents, so  
children can  
thrive.



The workshops can be accessed live on the dates specified below and each one will also be available for 14 days after the live broadcast for you to watch at a time that suits you. Please be aware that if you want to ask questions during the live sessions you will need to log into Youtube to do so.

The workshops are free to attend and have been funded by Dacorum Family Services. You do not need to book in advance. Simply access the session live or recorded by clicking the relevant link below. You are welcome to attend all or some. Our advice would be to try and view as many as you can!

### **Session 1: Tuesday 2<sup>nd</sup> February - Parenting in a Pandemic**

In this talk, Dr Kathy Weston delivers a range of evidence-based tips for building and sustaining family resilience at the present time. She will cover topics such as the importance of self-care, managing child and parent anxiety, the architecture of family resilience, managing sibling

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conflict, how children process the pandemic, spotting low mood or depression in teens and making the most of lockdown.

[Parenting in a Pandemic](#)

### **Session 2: Tuesday 9<sup>th</sup> February - Lockdown Learning: A Survival Guide for Parents**

In this talk, Dr Weston will acknowledge some of the challenges associated with 'lockdown learning' and provide strategies and tips that can energise and aid the whole family. She will cover topics such as contexts for learning, family schedules, motivating children to learn, the importance of everyday learning, the role of play and balancing 'work and home learning'; sharing simple to apply tips that can make a big difference.

[Lockdown Learning: A Survival Guide for Parents](#)

### **Session 3: Tuesday 16<sup>th</sup> March - Strategies for Building Positive Self-Esteem in Children**

High self-esteem predicts resilience, so it is an extremely important and topical theme for parents to reflect upon. Low self-esteem can impact children in multiple ways and have a long-lasting effect on their mental health, wellbeing and academic achievement. Dr. Weston will explore practical things parents can do to help their children feel good about themselves and their place in the world?

[Strategies for Building Positive Self-Esteem in Children](#)

### **Session 4: Tuesday 23<sup>rd</sup> March - Icebergs: Threats to Our Children's Resilience in 2021 and How to Navigate Them**

In this talk, Dr Weston examines contemporary factors that threaten our children's mental health, wellbeing and resilience and considers strategies for future-proofing them. How can parents equip children with the psychological tools to cope adaptively throughout their childhood and early adulthood? Topics covered include digital hygiene, sleep, emotional resilience, coping with failure, media literacy and how to raise a 'thinking scientist'.

[Icebergs: Threats to Our Children's Resilience in 2021 and How to Navigate Them](#)

**All live sessions will start at 7:00 pm and conclude at 8:30 pm.**

#### **Please note:**

This offer is only available to those who have a child on roll within the Tring Schools Consortium

- Aldbury School
- Bishop Wood Juniors
- Dundale Primary
- Goldfield Infants
- Grove Road Primary
- Long Marston Primary
- St Bartholomew's School
- Tring School

We really hope that as many of you as possible will be able to take advantage of this offer.

**Recordings:** *No other attendee is permitted to make recordings or take photographs of the talk.*

**Presentation:** *Please note that the presentation slides will not be sent to attendees of the talk. Kathy will direct attendees to appropriate supporting resources during the talk.*

[Parenting in a Pandemic](#)

[Lockdown Learning: A Survival Guide for Parents](#)

[Strategies for Building Positive Self-Esteem in Children](#)

[Icebergs: Threats to Our Children's Resilience in 2021 and How to Navigate Them](#)

We hope you enjoy the sessions.

Yours faithfully

Mrs S Ambrose  
Head of School