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Tuesday 28th January 2025

Dear Parents/Carers,

I am writing to share some exciting opportunities for you to engage in a range of **free courses** available through ACL's Community and Family Learning programme. These courses are designed to support you and your family in various aspects, from wellbeing to academic support.

Benefits of Participating in these Courses:

- **Skill Enhancement:** Gain new skills and knowledge that can benefit both your personal and professional life.
- **Supportive Environment:** Learn in a supportive and friendly environment alongside other parents and carers.
- **Flexible Learning:** Many courses are designed to fit around your busy schedule, offering both online and in-person sessions.

Examples of Courses Available:

- **Zones of Regulation:** Learn strategies to help children manage their emotions effectively.
- **Managing Big Emotions:** Understand how to support your child in dealing with overwhelming emotions.
- **Understanding Children's Anxiety:** Gain insights into supporting children with anxiety.
- **Helping Your Child Sleep:** Discover techniques to improve your child's sleep patterns.
- **Positive Parenting:** Learn positive parenting strategies to support your child's development.
- **Setting Boundaries:** Understand the importance of setting boundaries for children.
- **SEND Support for Families:** Access support tailored for families with children who have special educational needs and disabilities.
- **Family First Aid:** Gain essential first aid skills to keep your family safe.
- **Arts and Crafts:** Engage in creative activities that you can enjoy with your children.
- **Understanding ASD in Children:** Get informed about Autism Spectrum Disorder and how to support children with ASD.

How to Enrol:

To view the full range of courses and to enrol, please visit the **ACL Community and Family Learning** website: [Community Family Learning Courses](#).

Next Steps:

1. **Visit the Website:** Explore the course offerings and select the ones that interest you.
2. **Enrol Online:** Follow the instructions on the website to register for your chosen courses.
3. **Participate and Engage:** Attend the sessions and engage with other parents to make the most of these learning opportunities.

For more information, any questions or assistance with enrolment on the courses, please do not hesitate to either contact me in school or ACL directly at aclfamilylearning@essex.gov.uk.

We encourage you to take advantage of these free courses to enhance your skills and support your family's growth.

Yours sincerely,

Miss Helen Maynard
Deputy Headteacher / SENDCo

Learning is a journey, not a destination