

Parents and Carers Information and Advice Virtual sessions



Building on the response to the recent Parent and Carers survey we would like to offer the following Parents and Carers information sessions.

These will be held virtually through **Microsoft Teams** on the following dates and times:

- **Thursday 3rd December - 1pm until 1.30pm:**
Support and advice around diet - Kim Broderick School Nurse
- **Thursday 7th January - 10.30am until 11am:**
Support and advice around hygiene / growing and changing - Chloe Flannagan
- **Thursday 21st January - 10.30 until 11am:**
E Safety, supporting your child to be safe online- Paul Rogers
- **Thursday 4th February - 10.30 until 11am:**
Helping your child read at home - Brian Goodwin

The first online session will be held Thursday 3rd December at the later time of 1pm.

This initial session will be a 15 minute presentation from Kim, the school nurse, offering support and advice to parents and carers around diet and healthy lifestyles which will then be followed by a further 15 minutes in which you can use the chat feature to write and ask questions and comments that Kim will be able to respond to.

You will need to:

- **Have your name on your account so that we can identify parents and carers attending**
- **Mute your microphone during the presentation.**
- **Use the typed chat facility to ask questions and make comments that will then be answered - we ask that you do this using the chat facility so that connection is not lost and all questions can be read and responded to.**

The link for the session will be emailed to you 15 minutes before the start of the session. You can access the session through a computer, tablet, laptop or smartphone. You just need to **download the free Microsoft Teams app** - once you have downloaded this you can click on the link sent via email and it will take you straight into the meeting.

Many Thanks

Ruth Jones - Family Support Worker North Ridge High School