

11 May 2022

Dear parents and carers

### **FREE Online Parenting Workshop**

You may have spotted this in Miss Oakley's recent Headlines, and we want to let you know **there's still time to sign up**: exclusive to Carrington School BYB working with YMCA East Surrey, are offering this **FREE Parenting Workshop**, taking place online at **6.30pm on 17 May**.

It includes information on how the teenage brain works and the changes that come about from childhood to teens, nutrition and physical activity and how these contribute to emotional wellbeing, and tips for healthy screen use.

**[Click HERE to sign up for this](#)**

Parenting is not an easy job and everyone who does it will agree with that. Post-Covid, we think there are more challenges than ever for young people navigating growing-up, and also more challenges for parents in helping them to do this.

At Carrington we embrace the idea of lifelong learning, and the adults here in school often talk with students about the courses they themselves are taking, the reading they are doing, and the learning opportunities they encounter themselves day to day.

With this in mind we encourage parents and carers to consider if this opportunity might be something that could benefit them.

Best wishes  
The Carrington Support Team

