Upcoming Parent Workshops

Practical advice • Useful strategies • Support for your family

All parents and carers welcome!

Tuesday 3rd November

Mental Health and Wellbeing

Sound Baths and Self-Regulation Techniques



This workshop provides parents and caregivers with actionable self-regulation **strategies and a restorative** sound bath experience to support personal well-being and home harmony. During the session parents can experience a sound bath and breath work to help with self-regulation.

8.50am – 9.50am

Main Hall

Wednesday 4th November

How do we teach phonics in Reception?



This workshop gives parents and carers an insider look at how phonics are taught at Darlinghurst Academy. It equips parents and carers with the correct terminology, precise pronunciation techniques, and practical home activities to support early reading confidence.

2.15pm – 3.00pm

Brook Gate

Thursday 12th November

Healthy Eating at Home and in School

With the Health 4 Life Team



This workshop brings together parents, carers, and a representative from the Health 4 Life team to explore practical, stress-free ways to foster healthy eating habits both at home and within the school environment. The session focuses on realistic swaps, understanding school nutritional standards, and building positive relationships with food without turning mealtimes into a battleground.

8.50am – 9.50am

Main Hall

Friday 27th November

Combating Cyberbullying and Essential Online Safety



This workshop will help parents and carers understand how children use the internet, including social media, online games, messaging apps and AI chatbots. We will look at some of the risks children may face online, such as cyberbullying, inappropriate content and contact with strangers. The session will share practical tips on keeping children safe, including managing screen time, setting parental controls, checking, privacy settings and using AI safely. We will also discuss how to encourage children to talk openly about their online experiences and feel comfortable asking for help if something worries them.

8.50am – 9.50am

Main Hall

Tuesday 1st December

Understanding Behaviour

Supporting Children and Young People at Home



We will be joined by Charlotte Clark, a psychologist and leader in relational and trauma-informed practice, and experienced in supporting vulnerable children, families, and the systems around them.

This session will help parents and carers understand what may be behind children's behaviour and big emotions. We'll explore simple strategies around regulation, connection, routines and boundaries, as well as practical ways to respond to challenging behaviour while still maintaining clear expectations. The session will provide helpful ideas that families can take away and use at home.

2.15pm – 3.00pm

Main Hall

Please RSVP to: mrsalexander@darlinghurstacademy.org.uk

We look forward to seeing you there!