

23<sup>rd</sup> March 2023

Dear Parents

### **Family Learning Workshop 'Be a Bucket Filler'**

St Teresa's will be holding a Family Learning Course called 'Be a Bucket Filler? This is aimed specifically at parents and children in years 1 and 2. This is a workshop on understanding emotions for our young people. *Are you a bucket filler or dipper?* Together with your child, you will explore themes such as thinking for yourself, recognising emotive triggers and techniques of support that you and your child could use.

The workshop is a one 2hr session and involves parents working with their child. Adult and Community Learning will run the course in school tomorrow, Friday 24<sup>th</sup> March 9.15-11.15am in the Community Room.

If you would like to come along and take part in this Family Learning Workshop please call the school office to book your place today.

Thank you for your support

Louise Smith  
Family Support & Attendance

