



**PARK HILL
JUNIOR
SCHOOL**

Stanhope Road
Croydon
CR0 5NS
Tel: 020 8686 8623
Head Teacher: Mrs A. Pratt
www.phjs.co.uk



Wednesday 15th December 2021

Free online courses and information for parents until 31/08/2022

Dear Parents and Carers,

I am delighted to inform you that we have purchased a **Community Membership** with **Creative Education**, an online training provider who we work with across the school to keep up to date with current practice and thinking. By clicking on the link below you have **free access to a wealth of short training courses/informative recorded webinars** which you can watch at a convenient time to you and also pause and come back to.

<https://www.creativeeducation.co.uk/add-yourself-to-your-school-or-colleges-membership/?ca=f373152bfa981d36f757bcadf08c04cc>

The site includes information and courses on topics such as those listed below and many more:

- *Understanding Anxiety: 10 things you need to know (25 mins)*
- *Anxiety – 5 simple coping strategies (10 mins)*
- *Supporting Children with Their Reading (25 mins)*
- *How to Support Children with Their Writing (25 mins)*
- *Improve Children's Sleep with These Top Tips (35 mins)*
- *Support Your Worried Child (35 mins)*
- *10 Ideas to Help Your Teen be Happy Online (55 mins)*
- *Exams and Assessments: 10 Things Parents and Carers Need to Know (40 mins)*
- *Wellbeing: Simple Ideas to Keep Active (20 mins)*
- *How to be Kinder to Yourself (30 mins)*
- *Promote Emotional Regulation in Autistic Children (45 mins)*
- *Build Your Child's Study Skills (75 mins)*

Please take a minute to click on the link to set up an account for yourself and then you will have instant access. I hope you find this a useful resource and I would be very grateful for any feedback in due course - thank you.

Wishing you all a wonderful Christmas break. Take care of yourselves and we will look forward to seeing you on Tuesday 4th January.

Warmest regards,

Mrs Cooper
Deputy Head Teacher



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