



Friday 2nd October 2020

Dear Parents/Carers,

As we mentioned in a previous letter, Manor Park First School has signed up to an exciting programme called the “Brilliant Schools Recovery Programme” which has a wealth of resources, webinars and ideas to support the wellbeing of teachers, children and parents.

“Children don’t come with an instruction manual! Our Brilliant Parents programme contains some well-meaning wellbeing top tips, including positive communications, growth mindsets and the “no phones” at meal times rule.”

The programme has a specific channel for parents containing lots of videos to support you at home. The videos are fun and engaging to watch and are usually only about 5 minutes long.

Here are the links to the parent videos. Please be aware that these links will only work for 30 days.

How to Train Your Parents -

<https://www.brilliant.school/courses/how-to-train-your-parents?ex=1&ac=1600692753>

How to Train Your Teachers -

<https://www.brilliant.school/courses/how-to-train-your-teachers?ex=1&ac=1600692753>

Ditch the Superhero Cliché -

<https://www.brilliant.school/courses/ditch-the-superhero-cliche-parents?ex=1&ac=1600692569>

Purpose - <https://www.brilliant.school/courses/purpose-parents?ex=1&ac=1600692570>

Soar - <https://www.brilliant.school/courses/soar?ex=1&ac=1600692571>

Growth Mindsets -

<https://www.brilliant.school/courses/parents-growth-mindsets?ex=1&ac=1600692573>

Top 10 Tips - <https://www.brilliant.school/courses/parents-top-10-tips?ex=1&ac=1600692574>

Two Percenters - <https://www.brilliant.school/courses/two-percenters?ex=1&ac=1600692574>

In addition, Andy Cope (also known as Dr Happy) will be leading a live training session for parents over Zoom which you can join using the Meeting ID and password below. You can download Zoom for free on a mobile device or computer.

5th October	7.00 - 7.45pm	The Art of Being a Brilliant Parent: You are enough	Meeting ID: 829 1433 6166 Password: 60 94 40
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The programme that we have subscribed to has videos for staff and children too, which we will be watching in school as part of our wellbeing and recovery curriculum and we are really excited about this as we have

had Andy Cope in our school before and he truly was an inspiration. Please can we encourage you to have a look at the resources and give them a go - it will be time well spent.

Kind regards

Mrs Louisa Jeffery
Assistant Head for Teaching and Learning

Mrs Esther Derrien
Assistant Head for Curriculum and Assessment