

Families Matter

News and information to support your work with families

Thursday update for professionals

Digital Awareness UK

Screentime amongst young people has reportedly increased by 500% so keeping young people safe online has never been more important. Online issues such as bullying, sexual harassment and exposure to upsetting content have increased at an alarming rate during the pandemic.

That is why **leading online safety organisation [Digital Awareness UK](#)**, is providing support to parents and carers across the UK, in the form of free '**Keeping Children Safe Online During Covid-19**' digital parenting webinars.

The 60-minute webinar is delivered by an online safety expert and covers some of the most critical online challenges - from screen addition to grooming, and provides parents and carers with practical tips and advice for keeping children safe online.

Schools and community groups in Tower Hamlets can book a free webinar (on the below link) and offer the webinar to their parents and carers. We have 50 complimentary webinars to offer schools and will provide hosts with the webinar link and supporting resources to help promote their event.

[BOOK YOUR PARENT WEBINAR HERE](#)

Parent sessions to support children's learning and well-being

The Parental Engagement Team has launched a new schedule of on-line sessions for 2021. The sessions have proved to be an invaluable source of support for parents at a time when they may be struggling to navigate the new learning landscape.

- From information about new learning approaches including 'blended learning' to tips on supporting learning at home and staying healthy, the sessions provide a safe space for parents to share their experiences, ask questions and pick up some handy tips from experienced practitioners. To accommodate parents who may be busy home-schooling, weekend and evening sessions are now being offered.
- Online offer can be accessed via the LO but also attached is the latest dates for you to put into your newsletter

Email: Parentalengagement@towerhamlets.gov.uk

Nursery Admission 2021

Virtual information session for parents/carers

This interactive session will provide important information about the application process as well as explore how families can support their child's transition to nursery.

Wednesday 27th January 2021

10 am – 11 am

Parents can attend this workshop through zoom using the following:

Meeting ID: 949 8055 2656

Passcode: Y0tqVX

Local Offer Link:

<https://www.localoffertowerhamlets.co.uk/events/32735-tower-hamlets-transition-support-service-get-ready-2021-applying-for-nursery?date=2021-01-27&term=nursery+admission>

Parent & Family Support Service ~ 21 January 2021

'The Parent and Family Support Service builds resilience, independence and sustainability in local communities to support early help and is highly valued by the parents involved.'

Tower Hamlets Inspection of Children's Social Care Ofsted Report 2019

To find out more about the work of the Parent and Family Support Service visit:

www.towerhamlets.gov.uk/parentfamilysupport

Search the Local Offer for information about services available to children, young people and families in Tower Hamlets. www.towerhamlets.gov.uk/localoffer

Tues 26 January 10am-11am	Maths At Key Stage 2	Gain an insight into what your child is learning in Maths at Key Stage 2 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners.
Weds 27 January 10.15- 11.15am	Healthy Families	Is your family snacking more during lockdown and finding it difficult to be active? In this workshop, you'll have the chance to share your concerns, pick up some ideas for quick, easy meals and discover ways to get the family a bit more active!
Thursday 28 January 10am-11am	Learning in the Early Years	In this workshop for parents of nursery and reception class children, you'll find out about the Early Years Foundation Stage and discover how you can use every-day experiences to enhance your child's learning.
Monday 1 February 10am-11am	Supporting your Child's Well-being and Mental Health	This is an uncertain time for everyone. Children are often more aware of what's going on than we think. They might not understand the news, but that doesn't mean they can't sense that something is up. You might not be sure how best to talk about what's going on, but it's important we pay attention to their mental health.
Friday 5 February 7pm-9pm	Digital Family Quiz #YourDigitalFamily	Does your family know its TikTok from its Twitter, Deliveroo from Discord or Bieber from Baby Shark? Take part in this fun family quiz night and test your family's tech knowledge. Suitable for parents and secondary school-aged children. Prizes to be won!
Saturday 6 February 1pm-2.30pm	Support with On-Line Learning	This workshop, which is delivered through Zoom, will give you an opportunity to look at examples of school websites as well as on-line learning portals such as Google Classroom and Purple Mash, to name a few.
Monday 8 February 10am-11am	Platform to Talk- Keeping teens motivated to learn	With exams being cancelled, some young people are feeling there is little point to online lessons- This timely session for parents of secondary school children will explore what can parents do to motivate teens and help prepare them for their future.
Thursday 11 February 10am-11am	E-Safety and Learning	With children learning at home, online safety is never more important, this workshop looks at the practical steps parents can take to safeguard children and explains the latest social media and gaming apps children may be using to communicate online.
Friday 12 February 7pm-9pm	Digital Family Quiz #YourDigitalFamily	Does your family know its TikTok from its Twitter, Deliveroo from Discord or Bieber from Baby Shark? Take part in this fun family quiz night and test your family's tech knowledge. Suitable for parents and secondary school-aged children. Prizes to be won!
Monday 1 March 10am-11am	Learning in the Early Years	In this workshop for parents of nursery and reception class children, you'll find out about the Early Years Foundation Stage and discover how you can use every-day experiences to enhance your child's learning.
Tuesday 2 March 5pm-6pm	Mindfulness Discover the importance of being in the present and fully aware of what is happening around us	With the unpredictability of the current times we find ourselves in, you may be finding that you and your children are a little more anxious than usual. Join the session to pick up some useful strategies and tips that may help to create a sense of calm.
Wednesday 3 March 5pm-6pm	Reading at Key Stage 2	Gain an insight into how reading is taught at school. Discover how to motivate reluctant readers and how you can support your child's reading development at home.
Friday 5 March 10am-11am	Reading at Key Stage 1	Gain an insight into how reading is taught at school. Discover how to motivate reluctant readers and how you can support your child's reading development at home.
Thursday 4 March 6pm-7.30pm	E- Safety and Learning	With children learning at home, online safety is never more important, this workshop looks at the practical steps parents can take to safeguard children and explains the latest social media and gaming apps children may be using to communicate online
Wednesday 10 March 10am-11am	Healthy Families	Is your family snacking too much or finding it difficult to be active? In this workshop, you'll have the chance to share your concerns, pick up some ideas for quick, easy meals and discover ways to get the family more active!
Wednesday 17 March 5pm-6pm	KS2 Maths	Gain an insight into what your child is learning in Maths at Key Stage 2 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners.
Friday 19 March 5pm-6pm	Maths at Key Stage 1	Gain an insight into what your child is learning in Maths at Key Stage 1 and discover how to use the internet and other tools to encourage mathematical thinking and motivate reluctant learners.

For more details or to join a session email parentalengagement@towerhamlets.gov.uk stating the session and date you would like to attend along with your school's name and child's age