

Parent Toolkit Workshop - Lent Term Programme

Date	Time	Title
Tuesday 11 January	6.30pm	Mobile phone management, including apps and social media
Wednesday 02 February	6.30pm	Support your child with studying at home
Tuesday 15 February	6.30pm	Relationships, sex education and contraception – where to go for help
Wednesday 02 March	6.30pm	Managing Sleep
Tuesday 15 March	6.30pm	Online Safety
Wednesday 30 March	6.30pm	Eating disorders and poor eating habits