

A selection of some of our Family Learning courses

Grow Your Own



This is a practical, interactive 6-week course for parents/carers and their children. With maths, science and English activities as part of the sessions we show parents how to support learning at home- and help parents make the most of even a small outdoor space. An ideal course if you have an area in school that needs a bit of TLC!

- Make your own compost
- Grow your own fruit and vegetables
- Encouraging Wildlife
- Seeds, seedlings and growing

Family Fun Outdoors

As the weather improves this course is perfect for providing ideas for learning and playing together using the natural environment. We show parents how to use their local area with a walk to practice maths or English skills and how to keep safe when outdoors too. The 6-weeks generally include;

- Fun in the garden
- Walking for health and wellbeing
- Nature detectives
- Outdoor games-whatever the weather.



Feed Your Family on a Fiver



At a time when budgeting is a high priority in many households, this hands-on course explores how to make healthy, economical meals. Over 6 weeks this course will show parents how to create simple tasty meals on a budget

- Identifying economical and healthy home cooked foods
- Encourage parents to develop a bank of recipes to feed their families healthily for under £5.
- Being aware of the true nutritional contents of ready meals i.e. fat, salt, sugar, sweeteners
- Increase awareness of the contents of pre-packaged food
- Share money-saving tips-how to use left-overs or the benefits of bulk-buying.

Let's Be Happy and Healthy

This is a 6 or 12-week course for parents/carers and their children to support their health and wellbeing. It provides parents with games and activities that can be used at home to improve their own and their children's health and wellbeing. Through a range of approaches it aims to improve everyday life-skills such as communication, healthy habits and keeping safe.



- How we keep our families safe in and out of the home
- Sustainability-Recycling and re-using to become more environmentally friendly.
- Discussing healthy eating, exercise and the importance of sleep
- Understanding your child and recognising when to take time for yourself

You and Your Child Working Together



This is a practical, interactive 6-week course for parents/carers and their children, where appropriate. The course is designed to enable parents/carers to support their child's development through fun learning opportunities. Areas covered will depend on the interest of the school and its learners, but usually cover:

- Importance of playing together
- Techniques to improve talking, listening and remembering skills
- Your child's personality, feelings and being unique
- Improving problem solving and thinking skills

With all our courses parents are also able to extend their own literacy/numeracy skills and work towards a qualification, if appropriate.