

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