



4<sup>th</sup> February 2026

Dear Parents,

**Calm and Connected: Supporting Students at Home  
to Enhance Engagement at School**

**Tuesday 10<sup>th</sup> February | Primary Hall (8.00–9.00am)**

Dear KS1 and KS2 Parents,

Please join us for an interactive workshop that will explore concepts and strategies that can be used at home to strengthen and enhance school engagement. The Support for Learning teachers will cover such topics as sleep, diet, organisation, emotional regulation, and the importance of unstructured downtime to recharge. There will be many activities and age-appropriate suggestions on how to build a stronger, more aligned connection between home and school.

Offered by Jen Chan, Robb Falls, Rebecca Fricsay, Lorraine Illing, Anna Lawlor, Heather Rising, Grace Smith, and Emma Willinger

We look forward to welcoming you.

Please RSVP via this [link](#) to indicate your attendance at this workshop by February 6<sup>th</sup>.

Kind regards,

The Support for Learning Team