



# CATSHILL FIRST SCHOOL AND NURSERY



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Mrs Georgia Plant – Head of School Mr Paul Essenhigh – Executive Headteacher

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Dear Parents/Carers

My name is Jenny Uppal. As a mother and as a child psychologist I am keen to set up a project that supports parents. As part of this, I plan to run a group for parents on a weekly basis at 9:00am until 11:30 am on Friday mornings. This group will start after half term.

The group sessions aim to be fun but also to deal with the challenges we face in looking after our children. I am looking for a small group of parents who would be interested in taking part.

I want to find parents who are able come on a weekly basis and feel that they would benefit but who would also help me make sure that the group provides what parents need and want. This means giving me feedback and talking to me about what's good about the group but also what isn't so good.

If you are able to come and feel that you would benefit, then please fill out the questionnaire to get the ball rolling.

If you are not able to come, please fill out the attached questionnaire anyway as your information will help me plan the groups in the future.

Thank you

Jenny

