



**HOLMBUSH PRIMARY ACADEMY**  
Hawkins Crescent  
Shoreham-by-Sea  
West Sussex  
BN43 6TN  
Telephone 01273-592471  
Tel/Fax 01273-592660  
Email [office@holmbushprimaryacademy.org.uk](mailto:office@holmbushprimaryacademy.org.uk)  
[www.holmbushprimaryacademy.org.uk](http://www.holmbushprimaryacademy.org.uk)



**Head of Learning: Ms Rebecca Jackson BEd Hons, MA Ed, NPQH**

May 2015

Dear Parents/Carers

We are pleased to have a Parent Gym Programme running at Holmbush. There will be a taster session on Wednesday 3<sup>rd</sup> June at 9.00am for forty five minutes. The sessions will then run from Wednesday 10<sup>th</sup> June up to and including Wednesday 15<sup>th</sup> July from 9.00am till 11.00am.

Parent Gym is a parenting programme which is interactive and practical. Each week covers a different topic including Chat, Love, Rules, and Learn and the session provides a range of tools and tips for parents to help with bedtime, behaviour, communication and supporting your child's learning to name just a few.

The Parent Gym sessions are a great way to meet other parents in the local community, share your top tips and get ideas to use yourself.

The sessions will be held in the studio and a crèche will be available. If you are interested, please let me know by Wednesday 20<sup>th</sup> May.

Many thanks

Yours faithfully

Mrs A Hutchinson  
Office Manager