

Thursday 16th November 2023

Dear Parents/Carers,

Following an introduction at Mum's Breakfast this week, we are excited to introduce a valuable opportunity for our school community. We are pleased to inform you that we will be partnering with HENRY to bring you an 8-week parenting program on Tuesday afternoons, starting in January. This program is tailored to support families with children aged between 0-7 years old.

To help you learn more about this exciting initiative, we would like to invite you to a Coffee Afternoon on Thursday November 30th, starting at 2:30pm. This informal gathering will provide an opportunity for you to meet representatives from HENRY, ask any questions you may have, and gain a deeper understanding of the upcoming parenting program.

The HENRY program focuses on promoting a healthy and positive approach to parenting, covering topics such as nutrition, exercise, and overall well-being for families. We believe that this program will offer valuable insights and practical strategies to enhance the well-being of both parents and children.

During the Coffee Afternoon, you will have the chance to:

1. Meet the HENRY team and learn about their expertise.
2. Understand the key components of the upcoming 8-week parenting program.
3. Ask any questions you may have about the program content and format.
4. Register your interest and sign up for the program (spaces are limited).

Refreshments will be provided, creating a relaxed and welcoming environment for you to connect with other parents and gather information about the HENRY program.

We believe that this partnership with HENRY will be a valuable addition to our community, and we look forward to your active participation.

Please confirm your attendance by emailing the school office at office@courtwood.org.uk.

We hope to see lots of you there.

Kind Regards,



Lauren Cleaves
SENDCo/SLT