



SCHOOL NEWSLETTER

Friday 25th November 2016

Additional Information from Mrs Leith:

English Classes (ESOL) starting after the holidays:

New free classes at ALL LEVELS starting in January and February nearby- please attend the session on **1st DECEMBER** between 10 - 12 noon at The Lisson Grove Centre NW8 8LW to see which level is best for you.

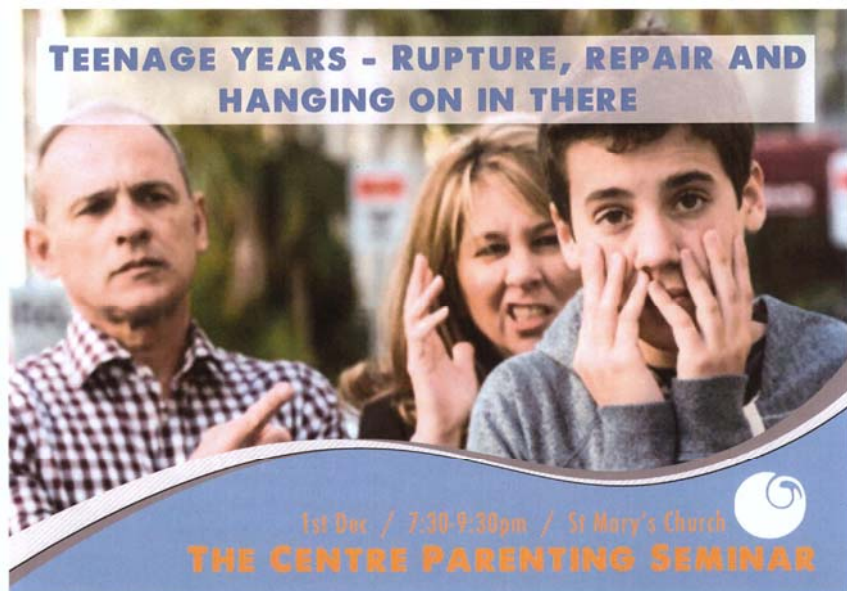
Or contact Sam Golding: 020 7297 7297 Email: sgolding@waes.ac.uk

Please bring proof of I.D. and benefits (if you are not working) with you that day; you will need these documents if you decide to enrol.

Parents of Teenagers/ Pre-teens/Year 6s:

Essential support and help for parents at this challenging developmental stage. Free places available (mention St Mary's School) for this excellent workshop.

December 1st 7.30-9.30pm at St Mary's Church, Wyndham Place.



Parents: 'Ready to Ride' Bike sessions: With all the bike related activities for the children in school, would *you* like a catch-up/ Ready to Ride session to help you be active on a bike also? Please let me know of your interest on the sheet in the office and depending on the response, I'll organise a course for you here in the school playground in the new year.

Coffee Morning: 'Coping with Stress and Worry' Weds 30th November, 9 - 10 am.

A Psychological Well-Being Practitioner from Westminster Talking Therapies (IAPT) will lead this interesting and useful session to help you to cope with the increasing levels of Stress in our lives. We need a good turnout to make this workshop possible; please sign up in the office.