Introduction

Castlebar School places strong emphasis on working together with parents and carers.

Castlebar School offers a range of parent and carer programmes, workshops and coffee mornings throughout the academic year.

We aim to provide a range of services that encompass both educational and practical sessions, as well as opportunities for parents to share their own knowledge and expertise and gain support from one another.

This brochure has been produced to help promote the programmes that will be offered during this academic year.

If you have any feedback or interest in a specific topic, please share them with Dawn Murphy.

You will receive an invitation slip for all workshops a few weeks before the session.

Please complete and return this slip to confirm your place. If you have not received an invitation, please contact Dawn Murphy at Castlebar School.

Just a friendly reminder, if you indicate you wish to attend, please ensure you make every possible effort to attend. Running these workshops is very costly to professionals’ time.
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Therapist Coffee Morning

Speech and Language Therapist, Occupational Therapists and Education Psychologist

The aim of the coffee morning is to provide parents and carers an opportunity to meet with the occupational therapist (OT) and speech and language therapists (SLT).

This time can be used to discuss specific concerns you may have, strategies that you can transfer from school to home, and to speak directly to your child’s therapist.

When:
Tuesday 18th September 2018

Time:
9.30 am – 11.00 am
Cluster Coffee Mornings

Come and meet the Department teachers and other parents in an informal setting.

Teachers will be sharing information about interventions and strategies used in their classes and sharing important dates for your diaries.

Yellow Coffee Morning
When: Thursday 27th September
Time: 9.30am – 10.30am

Green Coffee Morning
When: Friday 28th September
Time: 9.30am – 10.30am

Red Coffee Morning
When: Friday 5th October
Time: 9.30am – 10.30am

Blue Coffee Morning
When: Friday 19th October
Time: 9.30am – 10.30am

Orange Coffee Morning
When: Wednesday 10th October
Time: 9.30am – 10.30am

Purple Coffee Morning
When: Tuesday 2nd October
Time: 9.30am – 10.30am
Castlebar Parent Support Group

Aisha Choudhry, Castlebar Parent and Parent Governor

These are informal coffee mornings led by parents for parents.

The aim is to provide support and also a forum to discuss common problems encountered regularly.

Often the best advice comes from other parents and carers. Please come to any or all of them!

When:
Tuesday 9th October 2018
Friday 16th November 2018
Monday 10th December 2018
Wednesday 13th February 2019
Thursday 14th March 2019
Wednesday 15th May 2019
Tuesday 18th June 2019

Time:
9.30 am – 10.30 am
Introduction to Makaton

Alison Stone, Lead Makaton Specialist

Makaton is a language development programme used throughout the school to promote communication skills. It is delivered in conjunction with verbal language and enables children with speech and language delays to communicate with others.

This session will look at some simple signs (hand movements) and symbols (simple pictures) and show you how we use Makaton to support children's communication skills at school.

When:
Tuesday 16th October 2018

Time:
9.30am - 11.30am
Developing Communication through Play

Speech and Language Therapists

This parent workshop is aimed at parents and carers of pupils in Yellow, Green and Red classes. We will be focusing on how to develop early communication skills through simple play activities and everyday routines, to help make the most of parent/carers’ interactions with their children throughout the day.

It will be run by the Speech and Language Therapists at Castlebar. Invitation letters will be sent to parents/ carers from Yellow, Green and Red classes nearer the time for you to let us know if you would like to attend.

When:
Thursday 1st November 2018

Time:
9.30 am -11.00 am
Positive Behaviour

Castlebar Behaviour Team

The aim of this workshop is to share methods of motivation and engagement that promote positive behaviour for our children.

There will be practical examples of how we work with the children in school and how you can adapt these strategies to promote positive behaviour both in the home and when out and about.

When:
Thursday 22nd November 2018

Time:
9.30 am - 11.00 am
Playing to Learn Workshop

Hayley O’Neill
Seymeen Khairdin, Educational Psychologist

This will be an interactive workshop where you will have the opportunity to experience first-hand sensory activities and learn how they can be implemented into the curriculum and also introduced at home.

It will also cover how the brain works during play and how this brain stimulation facilitate learning.

When:
Thursday 29th November 2018

Time:
9.30 am – 11.30 am
Positive Parenting Programme (Triple P)

Lucy Waldbry, Occupational Therapist
Seymeen Khairdin, Educational Psychologist

The Triple P programme is a great opportunity for parents/carers to learn about a range of parenting skills and to share the joys and challenges of parenting as it relates to children with complex SEN.

When:
Thursday 6th December 2018
Thursday 10th January 2019
Thursday 14th February 2019

Time:
9.30 am – 11.30 am
Makaton is a language development program used throughout the school. It uses signs (simple hand movements) symbols and speech to help develop communication and understanding of language.

The beginner’s course is delivered over 4 mornings and attendance at all 4 sessions is required to receive a certificate.

For further information please check out the Makaton Charity’s website: www.makaton.org

When:
Tuesday 15th January 2019
Tuesday 29th January 2019
Tuesday 5th February 2019
Tuesday 26th February 2019

Time:
9.30 am – 11.45 am
Fussy Eating – What Can I do to Help my Child?

Occupational Therapist Team

This workshop aims to help parents develop a routine and structured approach to widening the variety of foods their children eat.

It will focus on how to introduce new foods, and learning to analyse your child’s eating patterns to best support them, based on the ‘SOS- Sequential Oral Sensory’ approach to feeding.

When:
Tuesday 22nd January 2019

Time
9.30 am - 11.00 am
This parent workshop is a follow-on from last year’s ‘All About Autism’ workshops. The workshop is aimed at parents and carers of older pupils with Autism, to give them ideas, strategies and thinking space about how to help with communication, emotions and transitions.

The workshop will be presented by the Speech and Language Therapists at Castlebar. Invitation letters will be sent to parents/carers nearer the time for you to let us know if you would like to attend.

When:
Thursday 7th March 2019

Time:
9.30 am - 11.00 am
You and Me

Seymeen Khairdin, Education Psychologist

The focus of this workshop is to learn how relationships can improve self-esteem, behaviour and overall happiness for you, your child and your family life.

The main objectives of the session:

• Learn how to strengthen your relationship with your child
• Learn how the brain works and what is happening with your child when she/he is unsettled
• Learn how to help your child to be calm and how to increase the likelihood of compliance

When:
Thursday 28th March 2019

Time:
9.30 am - 11.00 am
Keeping Children Safe Online – An Introduction to ThinkUKnow

Ian Sylvester, Computing Lead

Keeping Children Safe Online (KCSO) will help you gain the skills to act appropriately and confidently to protect the children and young people you work/live with. It will develop your knowledge on how children and young people use the internet, new technologies and how to help keep them safe from abuse. This course is run by a CEOP trained Ambassador.

Over two sessions we will give you the knowledge to monitor and set parameters for children. Parents will also have the opportunity to discuss with other parents and teachers their concerns about their children online, parents will be made aware of real life cases and will leave the session with strategies to help.

This is an accredited course that will help you develop knowledge to support all children.

When:
Wednesday 3rd April 2019
Wednesday 8th May 2019

Time:
9.30 am - 11.30 am
All about Autism – 2 Part Series

Gill Hilton (SLT) and Louise Taylor

This is a two part programme for all those interested in learning more about autism and how you can help your child with autism.

There will be lots of opportunities to talk about communication, behaviour and practical ways of helping your child to cope with the world.

When:
Thursday 2nd May 2019
Thursday 6th June 2019

Time:
10.00 am – 11.30 am
Bringing Makaton Home

Alison Stone, Lead Makaton Specialist

Makaton is a language development programme used throughout the school to promote communication skills. It is delivered in conjunction with verbal language and enables children with speech and language delays to communicate with others.

Communication is correlated to behaviour, self-esteem / self-confidence and mood. By enabling your child to be understood and providing the resources to exchanging information, you will generally find a happier child and happier family.

This session will look at specific times of the day where using Makaton signs and symbols may be beneficial for your child, e.g. getting ready for school, dinner time, bedtime, going out, etc.

When:
Tuesday 14th May 2019

Time:
9.30 am – 11.30 am
Developing Handwriting and Tool Use

Occupational Therapist Team

This parent workshop will aim to develop parent / carer knowledge of fine motor skill development and provide strategies on how to encourage this in the home environment.

The presentation will be split to focus on children who are currently at the pre-writing stage (developing pencil grasp, mark making, shapes) and those who are developing their letter formation and more refined handwriting skills.

When:
Tuesday 21st May 2019

Time:
9.30 am – 11.00 am
Getting Ready for Summer

Speech and Language Therapists and Educational Psychologist

The aim of the workshop is to share ideas, strategies, tips and information about how to prepare yourself and your child / young person for the summer holidays.

When:
Thursday 4th July 2019

Time:
9.30 am – 11.00 am
Special Needs Information Session

Dawn Murphy

We are happy to be able to offer parents and carers an opportunity to meet lots of wonderful organisations within Ealing that help children with disabilities and their families.

Several organisations will be present to speak about their services and answer any questions.

We will provide a full list of services attending at a later time, but some of those who will be invited are:

• Contact -A-Family
• The Log Cabin
• I-SAID
• Family Fund
• Ealing Parent & Carer Forum
• Ealing Centre for Independent Living

When:
TBC

Time:
TBC
Preparing for Puberty

Image in Action and Anne Ryan

This will be an informational session and offer parents/carers the opportunity to begin to think about puberty and consider how to best prepare your children and yourself.

**Image in Action** are leaders in the field of Sex and Relationships Education (SRE) for people with learning disabilities, autism and additional learning needs.

All parents are welcome.

When:
TBC

Time:
TBC