



12 April 2016

RE: THE 'PARENT EXCHANGE', MONDAY 25 APRIL, 8:45 -9:30AM

Dear Year 3 and Year 4 Parents,

Building on the work being undertaken on Well-being in our school community we welcome back to BISS Peshali Fernando from Shanghai United Family Hospital. Peshali is a Clinical Psychotherapist and her extensive experience with families, adolescence and children complements and supports the Well-being programme here at BISS.

We now invite you to find out more about how our Well-being programme is developing and to welcome you to the second of our 'Parent Exchanges' which will be held on Monday 25 April from 8:45-9:30am in Stage One, the Primary School.

As parents we are all ambitious for our children to flourish and we face many common challenges as well as having some great skills and experiences we can share with others. The idea of the 'Parent Exchange' is to provide a forum where parents can share and support each other in the skills and experiences of parenting. With the support of Peshali we will identify and discover that there are many different parenting styles and no one style fits all.

From the event we hope to gather your thoughts on further topics related to parenting that can be discussed at future forums of the 'Parent Exchange.'

If you would like to reserve a place, please email s-smith@bisspuxi.com

We look forward to seeing you on 25 April.

Regards,

Sue Smith
Well-being Co-ordinator