



**THE
BURGESS HILL
ACADEMY**

Our Ref: SMR/MKR/ Triple P Parenting

13th September 2016

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Principal: Mr Jon Francies

Dear Parent/Carer

Triple P Parenting Programme

Last term we were delighted to be able to offer parents the opportunity to attend a well-recognised 6 - week programme to assist with the challenges of parenting teenagers. The course is run by specialists from West Sussex and covers areas such as anger issues, low mood, poor school attendance and drug and alcohol concerns. Triple P is free and runs for 6 weeks on Monday evenings.

If you would like to register for the course running this term, please attend the next **Information Evening on Monday 26th September from 6.00 - 7.30pm**. Please email smiller@theburgesshillacademy.co.uk to sign up for this information evening.

Some comments made by parents last term

- *The course has helped us to get a calmer household*
- *The course has given me helpful tips to use now and in the future*
- *The practitioners were skilled, listened and valued ALL of our comments*
- *I feel more in control and I listen to my children more*
- *I have noticed improved communication within our family*
- *I have more understanding of my child and her world*
- *I am now able to help them deal with their emotions*
- *Our relationships are nicer and closer.*
- *I have the confidence to make the right choice*
- *Understand the importance of both family and individual time*
- *This course was invaluable.*

Yours sincerely

Sally Miller
Locality Projects Manager
Co-ordinator of the Meeds SEND Alliance



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