



21 January 2021

Dear Parents and Carers,

**RE: Optional Webinar for PAT Parents and Carers**

As part of Pickwick Academy Trust, we are all committed to working together to provide the best for our children. We have teamed up with Nicola Pearson, who runs 'Minds of Wonder', to provide a series of short webinars for our parents and carers.

The first of these pre-recorded webinars, '[Resilience for learning and Well-being](#)', is now ready and can be accessed by all Pickwick Academy Trust families through [this link](#). The webinar lasts under 45 minutes and you can pause, stop and start it again to suit you.

Our first webinar focuses on the importance of resilience for our children's learning and wellbeing. Nicola shares effective and easy to implement strategies to help parents and carers raise resilient, confident children who can thrive in their learning. She also provides tools to help children develop independence and build self-esteem to ensure their wellbeing. Throughout the webinar, Nicola highlights the importance of parents and carers as role models to their children and provides some practical steps they can take to build their own resilience, so they're better equipped to build their children's.

This webinar will be followed by an optional Zoom Q&A session with Nicola. This is designed to be a follow-up session to the webinar to give parents and carers a chance to share ideas, ask questions and meet others.

There are two dates available for the Q&A session. Please choose your preferred date and register using the link below.

**Monday 1<sup>st</sup> February 1-2pm** Register in advance for this follow-up session:

<https://us02web.zoom.us/meeting/register/tZlpf--oqTlrH9T5czlmwln37VpxZHPS9Ztb>

After registering, you will receive a confirmation email containing information about joining the session.

**Saturday 6th February 10—11am** Register in advance for this follow-up session:

[https://us02web.zoom.us/meeting/register/tZ0odO6rrz0tGNRZT\\_8s\\_nJ4hFbJ1u1gFzuP](https://us02web.zoom.us/meeting/register/tZ0odO6rrz0tGNRZT_8s_nJ4hFbJ1u1gFzuP)

After registering, you will receive a confirmation email containing information about joining the session.

We hope that you find the pre-recorded material useful and look forward to seeing some of you at the follow-up sessions in February. If you have any questions about these webinars please email [admin@pickwickacademytrust.co.uk](mailto:admin@pickwickacademytrust.co.uk).

With best wishes,

*Amy Tapscott*

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Pickwick Academy Trust

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