ACL Essex Community and Family Learning

Below is a list of FREE courses available through ACL Essex, Family Learning. **http://www.aclessex.com/family-learning/**

All courses/workshops are delivered over 2 hours, where appropriate children attend the second hour to work with their parent/carer to enhance their learning and practice the skills they have acquired/are working on.

Please contact us if you would like to meet to discuss possibilities, need further information or would like to book courses for this academic year.

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**Early Years:**

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| **Course Title** | **Course Details** |
| Story Sacks/Numbersacks | The aim of a story sack is to give a parent confidence to enjoy books and reading together with their child: creating a combined learning experience. This will provide opportunities for parent and child to:* Listen to good stories read aloud
* Talk and extend vocabulary
* Read for meaning
* Extend general knowledge
* Develop social skills

Improve confidence and stimulate an interest in books and storiesStorysacks – focuses on literacy outcomes and Numbersacks on numeracy.  |
| Play & Language (0-3) | This course offers parents and carers the opportunity to;* Help children to learn through play – games and activities to do at home
* Recognise and encourage pre-reading skills
* Choose age-appropriate books to share with children
* Find out how children learn to read
* Explore speech and language milestones appropriate to development.

Each session is centred on a book, which provides the theme for the learning activities during the crèche time as well as the joint time. |
| School Readiness | The aim of these courses is* to introduce parents of children entering pre-school and nursery to encourage their toddler to become independent.
* to introduce parents of children entering or in reception, to the foundation stage curriculum and school life.
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**Primary:**

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| **Course Title** | **Course Details** |
| Family Phonics | A Phonics course for parents with children in KS1 (R, Yr 1 or 2) |
| Keeping Up with The Children - English | This course is aimed at parents, grandparents and carers of children and offers information about the structure, teaching methods and content of the literacy curriculum so parents can support their children. (Yrs 1-6) |
| ‘SATS’ Attack – English  | The course offers information on the content of the literacy curriculum so that they can support the children’s literacy development. Past SATS papers will be used to help parents/carers to support the children through their SATS preparation. Children join for part of the second hour.  |
| Family ESOL/EAL | A basic programme that covers reading, writing, speaking and listening for parents. Aims to improve:* ability to support children’s learning through phonics, storysacks, etc
* English language skills - ESOL
* understanding of education in England, British Values and the value of being bilingual
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| Online Safety | Parents learn how to use ICT confidently to communicate and access informationAims include:* finding out how children are using ICT to enhance their learning.
* learning about study and search skills and access web sites, find out about local and online learning opportunities, services and support.
* exploring how they can support their children’s learning online whilst promoting safe use of the internet

The course covers ways to avoid your personal information being shared on the internet and how to protect yourself when using social media  |
| Keeping Up with The Children (KUWC) - Maths | This course is aimed at parents, grandparents and carers children and offers information about the structure, teaching methods and content of the Numeracy curriculum so that they can support their children’s numeracy learning at school (Yrs 1-6) |
| ‘SATS’ Attack – Mathematics (KS2) | This course is aimed at parents who wish to gain an understanding of KS2 Maths and the SATs exams and who wish to offer support to their children with Maths homework.Children join for part of the second hour. |
| Understanding Children/Positive Parenting(Delivered in developmental age groups) | By the end of the course the learner should be able to:* Identify needs behind behaviour
* Recognise and accept children’s feelings in a positive way
* Develop listening skills
* Demonstrate the use of assertive language
* Choose from a range of strategies to put fair boundaries into place
* Recognise the impact of body language in communication and the power of listening in assertive communication.
* Find out what lies behind sibling rivalry and the best ways to tackle this
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| Emotional Wellbeing programmes for KS2 (Yrs 3-6) | This programme will provide information * to help understand anxiety and develop emotional intelligence in children
* what support is available and how as a parent you can help
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| Transition from primary to secondary (Yrs 6/7) | This programme is delivered to support parents on the transition to secondary school and focuses on:* communicating with school
* how to support the transition for your child and meet their emotional needs
* budgeting for secondary school uniform and trips
* supporting your needs related to their move to secondary school.
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**Secondary:**

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| **Course Title** | **Course Details** |
| Emotional Wellbeing programmes for teenagers | This programme will provide information * to help understand anxiety, depression and emotional intelligence in teenagers
* what techniques are useful in supporting your young persons’ mental health
* what support is available and how as a parent you can help
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| Online Safety | Parents will explore how to keep their child safe online by:* discussing the possible vulnerability of social media
* how to put boundaries and protection in place to support their emotional, social and academic wellbeing

Parents will become more confident in making sure their child’s online safety is not compromised.  |
| Understanding Children/Positive Parenting | Parents will be supported to develop skills to:* understand teenagers brain development and how this affects behaviour
* develop enhanced listening skills
* demonstrate the use of assertive language
* choose from a range of strategies to put fair boundaries into place
* recognise the impact of body language in communication and the power of listening in assertive communication.
* discuss consequences and developing resilience in decision making.
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**Workshops:**

One off session, ideal for introducing family learning into a new venue or as activities for half term and other holidays. Many of these can also be developed into longer courses

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| **Course Title** | **Course Details** |
| Money Talk for Kids | A workshop that will help parents to teach their children about money. Its gives ideas about ways to teach children about money around the home or in supermarket and about pocket money. Also covers how to cope with ‘pester power’. |
| Storysacks workshop | A workshop with parents and children to enjoy books and reading together. |
| K’nex workshop | The workshop is to give families the opportunity to develop their number skills by using K’nex to a make a variety of models (Yrs 1-6) |
| First Aid workshop | You will learn a range of family first aid skills from being able to save someone's life to dealing with minor injuries found in the family home. This is a 'hands on' practical course where you will be able to spend time learning this vital skill. |
| Early Learning with Playdough | Supporting parents and children to make playdough together, encouraging communication and Maths/English exploration& development. (EYFS and KS1) |
| Mindfulness through Art | Use paint and paper to promote and find your inner calm |
| Positive Parenting:* Early Years
* Primary
* Secondary
 | Top tips to support their early years development and communication/early language skills, including separation and reunion with caregivers.Top tips to improve relationships with your children, support their emotional, academic and social development through primary schoolTop tips to improve relationships with your children, support their emotional, academic and social development through secondary school |
| Emotional Wellbeing (8-11) or Secondary | Workshop exploring how to start the conversation with your children about their emotional needs/language, understanding feelings, and what support is on offer |
| E-safety | Supporting parents/carers to use ICT confidently to communicate and access information. Explore how they can support their children’s learning online whilst keeping them safe.  |
| Employability Skills | This is aimed at helping parents to prepare for returning to work. This will include building your self-esteem and confidence, helping you write your CV, interview techniques and help searching for that perfect job.  |
| English and Maths  | This is aimed at helping parents improve and update their own English and Math skills so that they can help their children. |
| Supporting child/rens learning | Focusing on attendance, sleep hygiene and preparing your child for home and school learning |

This offer is based on current need and market research, but should your organisation require something more bespoke then please do contact us.

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