



Please find attached the latest ACL Community and Family Learning FREE courses.

SOME ARE “LIVE, REAL TIME SESSIONS DELIVERED ONLINE” WHILST OTHERS ARE “FAMILY LEARNING WHEN IT FITS IN”!

2 OF THESE ARE FEATURED BELOW: **LOOKING AFTER YOUR WELLBEING AND BRINGING THE BEACH HOME.....**

Title:	How to Access:
<p data-bbox="347 496 772 523">Looking after your Family wellbeing</p> 	<p data-bbox="943 531 1980 595">Ideal for any parent, grandparent or carer to look after your wellbeing or use it support conversations with your young people about good family wellbeing habits.</p> <p data-bbox="943 639 1991 735">Click here to access this FREE session – CLICK THE LINK BELOW, BOOK ON THE COURSE, ACCESS THE INTERACTIVE LEARNING, TELL US WHAT YOU THOUGHT AND THEN DOWNLOAD A CERTIFICATE OF ATTENDANCE.</p> <p data-bbox="943 746 1429 774"><a href="https://share.nearpod.com/fhy8bitAwab">https://share.nearpod.com/fhy8bitAwab</a></p> <p data-bbox="943 855 1984 882">or go to join.nearpod.com or in the download Nearpod app and enter the CODE- G59CA</p>
<p data-bbox="383 1042 739 1069">BRINGING THE BEACH HOME!</p>  <p data-bbox="284 1297 815 1390"><b>CONNECTING WITH OUR COASTLINE, ESSEX</b> ONLINE SESSIONS CONNECTING YOUR FAMILY WITH OUR COAST AND ESTUARIES. FOR PARENTS, GRANDPARENTS AND CHILDREN OF ALL AGES.</p>	<p data-bbox="943 1042 1458 1069">Ideal for parents of Early Years and Primary</p> <p data-bbox="943 1080 1397 1107">Click here to access this FREE session -</p> <p data-bbox="943 1118 1429 1145"><a href="https://share.nearpod.com/uVIDuxzI2cb">https://share.nearpod.com/uVIDuxzI2cb</a></p> <p data-bbox="943 1190 1984 1217">or go to join.nearpod.com or in the download Nearpod app and enter the CODE- VC48R</p>

Here are details of upcoming FREE online, live, real time courses starting – still a few spaces available:

Friday 23 <sup>rd</sup> April		
<b>Baby and Toddler Talk</b> 9:30-11:30am (just this session)	Did you know that a child's vocabulary at three is significant in how successful they will be at school? How children learn language – and how important you are as parents in that process. Ways to help support speech, language and communication skills.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/dx5fha9s">https://tinyurl.com/dx5fha9s</a>
<b>Successful Goal Setting</b> 6:00-8:00pm (just this session)	This workshop will explore how to set SMART goals in every area of life to achieve your dreams.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/yn44nfps">https://tinyurl.com/yn44nfps</a>
Monday 26 <sup>th</sup> April		
<b>Assertive Parenting Toolbox</b> 12:30-2:30pm (just this session)	This workshop will explore what tools we have as parents in our toolbox and how we can make them more assertive	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/64vtvvvr">https://tinyurl.com/64vtvvvr</a>
Tuesday 27 <sup>th</sup> April		
<b>Developing a Growth Mindset in Children</b> 12:30-2:30pm (just this session)	Children are under more pressure than ever to learn due to missing so much valuable teaching time during lockdown. This workshop explores how we can help our children to develop a growth mindset. Once this is in place they can learn, grow and thrive.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/583jwdx4">https://tinyurl.com/583jwdx4</a>
Wednesday 28 <sup>th</sup> April		
<b>SOS Substituting in the Kitchen</b> 10:00-12:00pm (just this session)	What?!!! I haven't got the right ingredients? How can I put a meal together? This workshop aims to help you put family friendly meals together without the usual ingredients.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/4j5334zn">https://tinyurl.com/4j5334zn</a>

Thursday 29 <sup>th</sup> April		
<b>How to Deal with Bullying</b> 12:30-2:30pm (just this session)	This workshop will explore the impact of bullying on our children. It can be so distressing to hear that our children are being bullied. This workshop will give you strategies and tips on how to support your child during this difficult time.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/jc76wj2x">https://tinyurl.com/jc76wj2x</a>
<b>Family First Aid</b> 12:30-2:30pm (just this session)	This workshop will give you an introduction to first aid. It will give you current advice for young children such as dealing with choking, cpr and burns.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/familyfirstaidApril">https://tinyurl.com/familyfirstaidApril</a>
<b>Keeping Children Safe on the Internet KS2+</b> 6:00-8:00pm (just this session)	This workshop will give you an introduction to internet safety. it will give you the chance to understand the latest issues our children are facing online and how to put measures in place to keep them safe.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/t5mfv4f2">https://tinyurl.com/t5mfv4f2</a>
Tuesday 4 <sup>th</sup> May 2021		
<b>Spoken Word to Storyboard</b> 10:00-12:00 (just this session)	This course is going to give you the confidence to support your child with their English learning. It will give you the current information on what your child will learn in KS1, explain any jargon used and give you practical tips on making English fun.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/spoken-word-to-storyboard">https://tinyurl.com/spoken-word-to-storyboard</a>
Wednesday 5 <sup>th</sup> May 2021		
<b>Parents supporting dyslexia</b> 9:30-11:30am (just this session)	How dyslexia affects learning. Share tips, strategies and resources to support your child – and check out some positive role models.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/parents-supporting-dyslexia">https://tinyurl.com/parents-supporting-dyslexia</a>
<b>The Rationed Kitchen</b> 10:00-12:00 (just this session)	Is your child learning about WW2? What can we learn from the rationing of WW2? What ideas can we use in our own kitchens? A workshop full of ideas to support you with bringing history to life!	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/5bmk9n37">https://tinyurl.com/5bmk9n37</a>

Wednesday 5 <sup>th</sup> May 2021 continued		
<b>Building Resilience in your child</b> 12:30-2:30pm (just this session)	The good news is that resilience skills can be learned. Building resilience—the ability to adapt well to adversity, trauma, tragedy, threats, or even significant sources of stress—can help our children manage stress and feelings of anxiety and uncertainty. However, being resilient does not mean that children won't experience difficulty or distress. Does your child rip their work out or think they are not good enough. Do they get frustrated when trying new things. Failing is a part of life and helps build resilience. This workshop will help you with strategies to support your children to learn resilience skills	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/Building-Resilience-children">https://tinyurl.com/Building-Resilience-children</a>
Thursday 6 <sup>th</sup> May 2021		
<b>Dinosaurs and Fossils in Essex</b> 12:30-2:30pm (just this session)	Dinosaurs were in Essex. Find out where to look for evidence. Discover the best locations to find fossils and teeth! Learn how to find and identify fossils.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/Dinosaurs-and-Fossils-May">https://tinyurl.com/Dinosaurs-and-Fossils-May</a>
Friday 7 <sup>th</sup> May 2021		
<b>Relaxation for Parents</b> 6:00-8:00pm (just this session)	This session is aimed at parents who want to spend some time looking after themselves now the children are back at school. Hints and tips to make the most of your free time. End your week relaxing!	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/relaxationforparents">https://tinyurl.com/relaxationforparents</a>
Monday 10 <sup>th</sup> May 2021		
<b>How Food Affects our Mood</b> 7:00-9:00pm (just this session)	This workshop will explore how the food we eat impacts on our moods.	<b>To book onto this session please copy/click link:</b> <a href="https://tinyurl.com/y847jhff">https://tinyurl.com/y847jhff</a>

Tuesday 11 <sup>th</sup> May 2021		
<b>Coastal Collage</b> 9:30-11:30am And Thursday 13 <sup>th</sup> May 2021 <b>This is delivered face to face at ACL Maldon</b>	A chance to have some fun making a coastal collage	<b>To book onto this session please copy/click link:</b> <b>Booking opens soon: <a href="https://aclessex.com/community-family-learning-online/">https://aclessex.com/community-family-learning-online/</a></b>
<b>Understanding Anxiety</b> 7:00-9:00pm (course over 2 weeks)	A course to support you and your family to help understand the different types of anxiety and the impact it can have on family life.	<b>To book onto this session please copy/click link:</b> <b><a href="https://tinyurl.com/ynsdvbs9">https://tinyurl.com/ynsdvbs9</a></b>

And our full upcoming courses – are available [here](#).

Please feel free to share with anyone else you feel would benefit, living in Essex.

If there are courses or session that you feel would benefit you as a family – please do email us on:

For more details and to discuss upcoming courses, contact our team:

Melissa Williamson: 03330321597/[Melissa.Williamson@essex.gov.uk](mailto:Melissa.Williamson@essex.gov.uk)

Zoe Mallett: 03330321372/[Zoe.Mallett@essex.gov.uk](mailto:Zoe.Mallett@essex.gov.uk)

Visit [our website](#) for specific course details or visit our [Facebook group](#)