



George Tomlinson Primary School  
 Harrington Road, Leytonstone E11 4QN  
 020 8539 3577

For parents and carers to have a chance to take a break and join in workshops tailored around well-being, building self-efficacy and life skills. All sessions will be held from 9am to 9:45am.



Term	Dates	Session type	Specialist speakers
Autumn 1	1.10.2019	Attendance children under 90%	EWO Ventrice Laidley
Autumn 2	26.11.2019	Healthy eating and fitness	Jade and Jake PE coaches
Spring 1	28.01.2020	Wellbeing and Yoga	Elizabeth Higginbottom
Spring 2	17.03.2020	Life skills	Forest school
Summer 1	5.05.2020	Building self-efficacy	Parisa Angeletos
Summer 2	23.06.2020	Maths/Science	Aman Kaur/Ciaran McNamee

If you have any queries please speak to Mrs Parisa Angeletos (SENDCO & Inclusion Manager)