



WIMBLEDON CHASE PRIMARY SCHOOL

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02 April 2020

Dear Parents

You may have attended one of the Parent Gym programmes that we previously hosted. Although face-to-face programmes are not currently possible, Parent Gym is providing online support for all parents.

You are invited to join the Parent Gym - parenting through uncertainty Facebook group, to share stories, thoughts, tips and ideas on how we are managing to adjust to this challenging period in our lives. You are very welcome to join the group whether or not you have attended a Parent Gym programme in the past. This invitation also extends to parents outside our school, so if you would like to share with friends please do; we're all there to support each other.

Click here to join Parent Gym: parenting through uncertainty <https://bit.ly/3bCij7D>

The Parent Gym programme is also being translated into a digital offer that will be made freely available, to help parents with tips and strategies for the new situation that we are all facing. More details will be shared soon.

Parent Gym is a philanthropic programme funded entirely by Mind Gym plc. Wimbledon Chase Primary School is not associated with any of its social media platforms.

Kind regards

Siân Dotchin
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