

Dear Parents and Carers,

At New Park Academy, we are always looking for ways to strengthen our partnership with families and support both you and your child's learning journey.

We are pleased to share a selection of free online courses designed to:

- Help you support your child's learning and emotional wellbeing.
- Give you opportunities to develop your own knowledge, confidence, and skills.

These courses are flexible, completely free, and can be completed at your own pace.

Courses to Help You Support Your Child's Learning

1. Family Lives Online Parenting Courses

Practical guidance for parents on building positive relationships and supporting children of all ages.

- [Visit Family Lives Courses](#)

2. Free Online Parenting Guides (In Our Place)

Short, engaging online guides covering child development, emotions, and relationships.

- [Visit In Our Place Learning](#)

Courses to Support Your Own Learning and Development

1. The Skills Network (via FreeCoursesInEngland) – Free Online Courses UK

A UK-based portal offering government-funded free courses in areas like mental health, business, care, and digital skills.

- <https://freecoursesinengland.co.uk/>

2. WEA (Workers' Educational Association) – Self-Development Courses

Offers adult learning courses online (and locally) in life-skills, self-development, wellbeing and independent living.

- <https://www.wea.org.uk/courses/life-skills/self-development>

Completing these courses can help you:

- Feel more confident in supporting your child at home and school.
- Learn new strategies for dealing with behaviour, communication, and emotional challenges.
- Develop your own learning and receive certificates of completion (for some courses).
- Build stronger home-school partnerships that benefit your child's progress and wellbeing.

We also regularly update our Facebook page with free courses for parent and carers.

If you need any help accessing these courses or would like to talk through which one might suit you best, please don't hesitate to get in touch.

You can ring me directly on 07736204654 or email me on dburke@newparkacademy.org - I'll be happy to get you started.

Thank you for your continued support in helping every New Park student thrive, both at school and at home.

Daisy Burke

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