

Summer Newsletter - 17th April 2026

Dear Parents/Carers,

I hope you all had a good Easter holiday and managed to spend time together as a family. I loved spending a bit of extra time with my children, Evie and Alfie.

Please take a look at the flyers at the end of this newsletter if you are expecting a baby, have a toddler, a fussy eater or are worried about your child's behaviour - there are local workshops being run to support you.

Attendance:

Between January and the Easter holiday our attendance percentages were...

- Reception: 96.8%
- Year 1: 97.1%
- Year 2: 95.8%
- Year 3: 97%
- Year 4: 96.1%
- Year 5: 96.2%
- Year 6: 97.5%
- National: 94.8%
- Dudley: 94.7%

Dates to remember:

- 23rd and 24th April: Book Fair in school - more info to follow
- 30th April: School Disco
- 4th May: May Day Bank Holiday
- 7th May: School Closed for Polling Day
- 11th May: Christian Aid Week
- 11th May: Year 6 SATS week
- 21st May: Musical Concert
- 22nd May: Break up for Half term

Have a lovely weekend!

Ellie Game

Collective Worship



This week we introduced our new value: Self Discipline. First we looked at Self-Control and what this meant: recognise our feelings, stop and think, then make a respectful choice. We shared the story of Adam and Eve from Genesis 2-3 and discussed if we saw self-control in the story and what could have been done differently. We looked at what can make self-control harder: feeling angry, frustrated, tempted or excited. We then thought about which was hardest for each of us and what we can do to help.

Additional Information





The Mary Stevens Hospice Open Event

We welcome everyone from our community to gain insight into the care and services that The Mary Stevens Hospice provides.

As part of the event you are invited to join us in our:

Children's memory making sessions

Children can take part in simple, creative activities to make keepsakes they can take home.

Children should be accompanied by an adult, who is encouraged to join in, support them, and enjoy the activities together. (Booking required)



You can also take part in:

- A tour of our Bereavement Services Lodge
- Talking Cafe (booking required)



221 Hagley Road,
Day Services Unit
at The Mary Stevens Hospice



Saturday 9th May
Drop in between 10am - 1pm



To register your interest or book onto the activities, visit marystevenshospice.co.uk or by scanning the QR code.

www.marystevenshospice.co.uk | 01384 443 010 | Charity Reg No. 517656

Helping Children Get the Best Start in Life

Free Programmes & Workshops

HENRY supports families to build healthier habits and routines that support children's physical and emotional wellbeing, right from the start and as they grow.

A range of free, friendly and practical sessions are available to parents and carers in Dudley with children aged 0-12, as well as those expecting a baby.



WANT MORE
INFORMATION?

or visit www.dudleyparents.co.uk

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Dudley
Metropolitan Borough Council

henry
Healthy Start, Brighter Future

Understanding children's behaviour

Free local workshops in Dudley



Find out
what's driving
your child's
behaviour

Come along and:

- Understand feelings and needs behind children's behaviour
- Discover the importance of listening to children, and how it can support meeting their needs
- Explore responding with empathy, and how it can positively influence children's behaviour

Visit
www.dudleyparents.co.uk
or scan the QR Code and
click on the HENRY tile to
book your place



Workshop Dates

28th April 2026, 09:15 - 11:15
Hurst Hill Primary School

1st May 2026, 09:15 - 11:15
Priory Primary School

15th May 2026, 09:15 - 11:15
Gigmill Primary School

5th June 2026, 09:15 - 11:15
Withymoor Primary School

19th June 2026, 09:15 - 11:15
Lapal Primary School

Starting Solids

Free local workshops



Introducing
solid foods
is the start of
a whole new
chapter for you
and your baby

Introducing solid foods at 6 months

Come to a Starting Solids workshop to help you get your baby off to a great start. The workshop will help you decide:

- When your baby is ready to try solid food
- What foods to start with
- When your baby is hungry and when they've had enough
- How to make mealtimes an enjoyable experience for both of you

Workshops are taking place
throughout April, May, June, July &
August 2026

Visit www.dudleyparents.co.uk or
scan the QR code and click on the
HENRY tile to book your place



Preparation for Parenthood



Are you pregnant?

A FREE 6-session programme helping you prepare for the arrival of your baby. Partners, friends or family are encouraged to attend alongside expectant mothers.

- Practical, evidence-based information to support you as you prepare to become a parent
- A great opportunity to meet other expectant parents and build friendships within your community
- Join the thousands of families across the country who have benefitted from a HENRY programme

Session 1

Becoming a parent

Session 2

A healthy pregnancy

Session 3

Bonding

Session 4

Caring

Session 5

Giving birth

Session 6

Life after birth

"Exceeded my expectations!"
Expectant parent



NEXT PROGRAMMES

PROGRAMME 1

Day/Time: Mondays, 10.30am - 12.30pm

First session: 27th April 2026

Last session: 15th June 2026

Length: 6 weeks

Optional session on the 20th April to learn more about the course and meet the facilitators.

Venue: Coseley Family Hub, Bayer Street, WV14 9DS

PROGRAMME 2

Day/Time: Tuesdays, 5.30pm - 7.30pm

First session: 9th June 2026

Last session: 14th July 2026

Length: 6 weeks

Optional session on the 2nd June to learn more about the course and meet the facilitators.

Venue: Halesowen Family Hub Spoke, Halesowen Leisure Centre, B63 3AF

Visit www.dudleyparents.co.uk or scan the QR Code and click on the HENRY tile to book your place.



A great start in life Do you have a child under 5?

Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

"I will be recommending this course to everyone. Thank you for this life changing opportunity."

Free Healthy Families Right from the Start programmes

Programme 1: **Day/Time:** Tuesdays, 12.30pm - 3.00pm

Start date: 12th May 2026, **End date:** 7th July 2026

Length: 8 sessions, **optional** introduction session on 5th May

Venue: Hurst Hill Primary School, Paul Street, Coseley, WV14 9AJ

Programme 2: **Day/Time:** Thursdays, 12.30 - 3.00pm

Start date: 14th May 2026, **End date:** 9th July 2026

Length: 8 sessions, **optional** introduction session on 30th April.

Venue: Thorns Primary, Thorns Road, Brierley Hill, DY5 2JY

Visit
www.dudleyparents.co.uk
or scan the QR Code and
click on the HENRY tile to
book your place.



Healthy Families: Growing Up



Healthy, thriving children and families



HENRY's free **Healthy Families Growing Up** programme is for parents and carers of primary-school age children – it will help you develop a healthier, happier lifestyle that the whole family can enjoy.

The programme covers these 5 themes across 8 sessions and provides everything you need to help your children flourish.

- Feeling more confident as a parent
- Physical activity for the whole family
- What children and the whole family eats
- Family lifestyle habits
- Enjoying life as a family

Get
in touch
to sign up
now!

"This was the best thing I could possibly have done to help me be a better mum"



Next Programme

For parents or carers with children aged 5 - 12 years

Day/time: Wednesdays, 12:30 - 2:30pm

First session: 29th April 2026

Last session: 24th June 2026

Length: 8 sessions

Optional session on 22nd April to learn more about the course and meet the facilitators.

Venue: Brierley Hill Family Hub, 18 Parkes Street, DY5 3DY

How to book a place

Visit www.dudleyparents.co.uk
or scan the QR Code and click
on the HENRY tile to book
your place



Fussy Eating



Come
along!

Fed up with
stressful
mealtimes?
We're here
to help...

As parents we want our children to
eat well – and to enjoy mealtimes together
Come along and get support and new ideas for:

- ☐ How to encourage your child to try new foods - and begin to enjoy them!
- ☐ Child-friendly foods that provide what they need to grow and be healthy
- ☐ Happier family mealtimes
- ☐ Suitable for parents/carers with children up to the age of 7

Tuesday 5th May 2026
09:15am - 11:15am
Thorns Primary School,
Brierley Hill, DY5 2JY

Visit www.dudleyparents.co.uk
or scan the QR Code and click
on the HENRY tile to book your
place

