

# FLOURISH

When our children start High School **BIG** Changes occur in a short space of time. As our children get bogged down with stacks of homework, new friends & other stuff that is no longer any of our business, they can seem to become distant and us parents are left feeling a little isolated and redundant.

SAD TIMES ÷

The flourish programme offers parents/carers a rare and exciting opportunity to be at school for a few hours a week in a supportive group of people to share in a learning experience which is relaxed, welcoming and enjoyable for all.

The fabulous teacher **MISS KELLY** has cleverly designed, for our children, an engaging & informative programme which encourages parental involvement and helps us all to develop positive changes in attitudes. Flourish focusses on Health and Well Being using an interactive, hands on method. The lessons are not only beneficial in school they can positively impact other aspects of our lives and help us all to build stronger relationships with our children as we are taught its O.K to take a little step back and have more fun.



BRAES  
HIGH  
SCHOOL

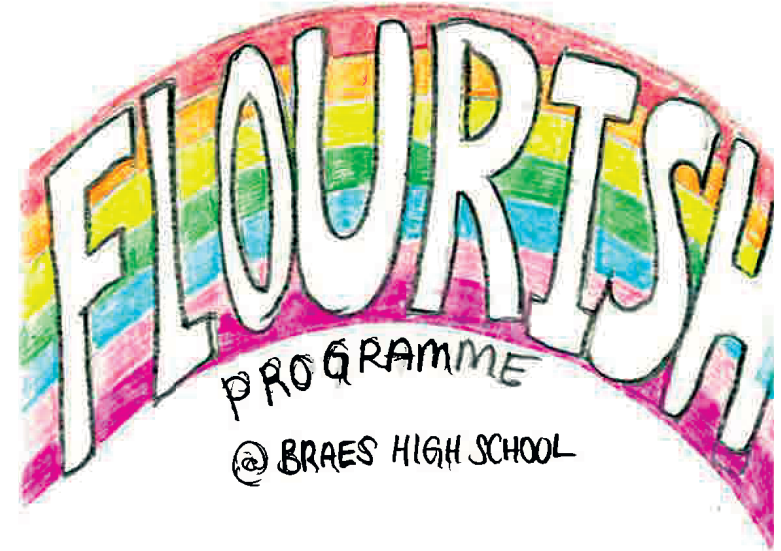
Be part of it



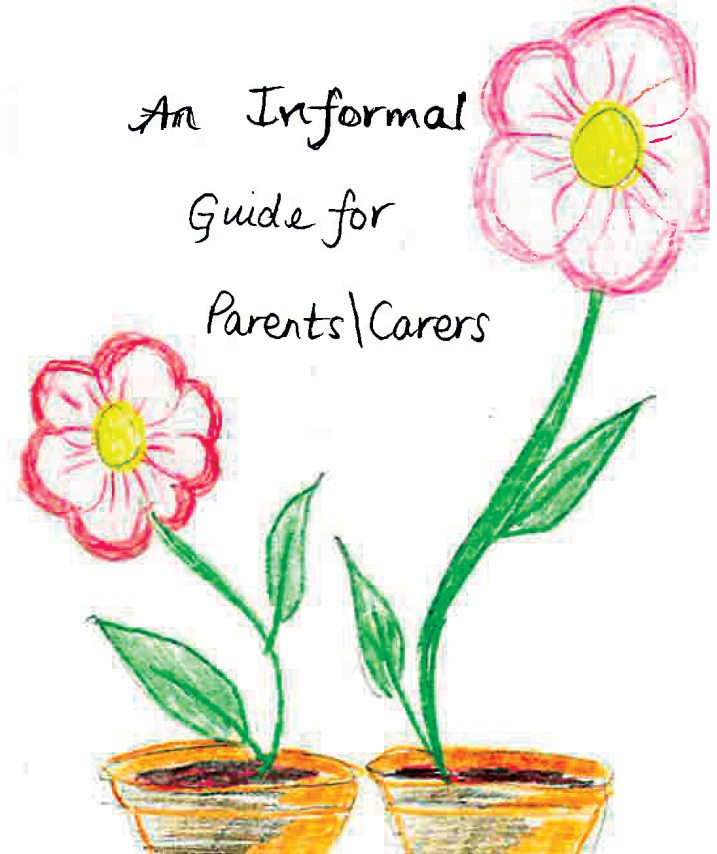
MISS RUTH KELLY  
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Designed by A. HAPPY PARENTS

THE



An Informal  
Guide for  
Parents/Carers



# WHAT FLOURISH GIVES YOU.

**F**amily Time



**L**earning together



**O**pportunities



**U**nderstanding



**R**eassurance



**I**nclusiveness



**S**upport



**H**aving fun



# HOW FLOURISH HELPS US ALL

