



Carlisle & Hampton Hill Federation



Carlisle Infant School

Broad Lane, Hampton, TW12 3AJ

Tel: 020 8979 2770

E-mail: info@carlisle.richmond.sch.uk

www.carlisleandhamptonhillfed.richmond.sch.uk

Headteacher: Ms Z Brittain BA (Hons)

Deputy Head: Mr D Wells BA (Hons)

Hampton Hill Junior School

St. James's Avenue, Hampton Hill, TW12 1HW

Tel: 020 8979 3019

Email: info@hamptonhill.richmond.sch.uk

www.carlisleandhamptonhillfed.richmond.sch.uk

Headteacher: Mr A Went B.Ed (Hons)

Deputy Head: Mrs A Appleyard BAQTS

20th October 2023

Dear Parents,

Reception Parents/Carers Emotion Coaching Workshop

We will be holding a workshop focusing on Emotion Coaching for Reception parents on Friday 10th November at 9.05am in our school hall. Emotion Coaching is an approach that focuses on the development of emotional regulation through supportive relationships.

It is a way of helping children and adults, to understand the different emotions they experience, why they occur and how to handle them.

The workshop will last for 20-30 minutes and will be followed by coffee and an opportunity to share questions and ideas with other parents. We use emotion coaching in school to support children manage their feelings and behaviour during the school day.

If this is an area that interests you and you would like to attend, please complete the google form link below.

<https://forms.gle/DysXecVKvprspQhf9>

Best wishes

Zoe Brittain
Headteacher