Twin Oaks Primary School
Scawen Road
SE8 5AE
Tel. 02086924321

Headteacher: Miss Karen Cartwright

Website: https://www.twinoaks.lewisham.sch.uk
Email: admin@twinoaks.lewisham.sch.uk

11th September 2026

Dear Parents and Carers

Getting children to school on time can feel like the most stressful part of the day. There is so much to do in such a short period of time, when children might not be ready for it.

See below for a link to a free workshop where you'll discover simple ways to make your school runs feel like teamwork, not a battle:

- **Create small moments of connection while still getting things done**, so that you start the day feeling closer.
- **Support your children with the big emotions that mornings can stir up**, so that emotions feel less overwhelming and you can start the day with more calm.
- **Encourage your children to take a more active role in getting ready**, which not only builds their independence but also gives you more breathing space in the morning.

You'll leave the workshop with practical steps to make your school runs more peaceful and more connected.

Online workshop via Zoom Tuesday, September 29, 1:00 – 2:00pm

Follow this link to register for the workshop

The workshop will be delivered by Una Archer, MSc. She uses a tried and tested attachment-informed framework to help parents feel more confident and navigate the challenges of parenting in a more connected and peaceful way. To find out more, visit **www.helpyourchildthrive.co.uk**

We hope you're able to join and find this useful.

Karen Cartwright
Headteacher