



Gosford Hill School

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Oxford Road, Kidlington, Oxfordshire, OX5 2NT



Thursday 2nd October 2025

Dear Parents and Carers,



Re: Parents CAN (Connect and Natter)

In response to feedback from parents, we are setting up a new parent support group, called Parents CAN, which stands for Connect and Natter.

The idea behind it is that it is run by parents for parents, with the school providing the venue, and is an opportunity for parents to meet up and chat informally about anything that might be on their mind in relation to parenting and supporting their child/ren, over light refreshments.

We've already started to build a list of the things that are on parents' minds, and will choose a different theme for each session, which enables us to bring in some expertise to talk to parents about that particular topic.

Parents CAN will take place on Monday's from 9:15am to 10:45am in the Conference Centre, (old Adult Education Centre) located at the front of school.

The dates for your diaries are Monday 10th November, Monday 12th January, Monday 2nd March, Monday 27th April, and Monday 15th June.

At this stage, the themes that the group proposes to focus on include:

- social media
- school avoidance
- exam stress; including the impact on parents and home life/ how to support young people through exams
- self harm
- anger/ anxiety; supporting children through difficult times, what does support look like and how to support at home.



We are very grateful to Jenny Williams, who has kindly agreed to act as the lead parent, facilitating the group. Jenny will be supported by Angelique Camoenie, our School Counsellor who will be the lead contact for this project from the school.

Jenny has also set up a closed Facebook group for parents to continue to support each other, ask each other for advice, or offload, in between the in-person meetings so the support can continue and parents can build a network of people around them.

Parents are able to discuss any topic and if there is something you would like a speaker to come in and cover, you can post ideas there too.

You can request to join the group here: <https://www.facebook.com/groups/1873337176576501>

More details for Parents CAN on Monday 10th November will be sent out in due course.

Yours sincerely,

Nigel J. Sellars
Headteacher