6 July 2026

FREE COURSES FOR OCMAT PARENTS, CARERS AND GRANDPARENTS

Dear Parents, Carers and Grandparents

We're delighted to offer a fantastic opportunity for families across Our Community Multi Academy Trust.

Working in partnership with **Kent Adult Education**, we've arranged a series of **FREE** courses designed to provide practical advice, build confidence and support you in your parenting journey.

Whether you're looking for strategies to support your child's emotional wellbeing, understand ADHD, manage behaviour, or gain valuable first aid skills, these friendly and informative sessions are open to all OCMAT parents, carers and grandparents (including current Year 6 families and new 2026 Reception families).

All sessions will take place at:

Selling CE Primary School
The Street
Selling
Faversham
ME13 9RQ

Courses available

Supporting Your Child's Anxiety
21 September 2026 | 9.30am – 11.30am
Increase your understanding of anxiety in children and discover practical ways to help them manage their worries.

Exploring Behaviour Strategies
3 November 2026 | 12.30pm – 2.30pm
Gain practical ideas and strategies to support positive behaviour while building confidence as a parent or carer.

Supporting ADHD in the Home *(4-week programme)*
11, 18 & 25 January and 1 February 2027 | 9.30am – 11.30am
Explore the characteristics of ADHD, share ideas with other parents and learn practical strategies to support your child at home.
Please note: To get the most from the programme, participants should be available to attend all four sessions.

Family First Aid *(3-week programme)*
1, 8 & 15 March 2027 | 12.30pm – 2.30pm
Learn essential first aid skills to help you respond confidently to common childhood illnesses and injuries. The final session will include the opportunity for your child to join you.

Places are limited, so we encourage you to book early to avoid disappointment.

For full course information and to reserve your free place, please visit:
https://www.ocmat.org.uk/Our-Parent-Courses/

We look forward to welcoming you.

OUR COMMUNITY MULTI ACADEMY TRUST

Any queries to: marketing@ocmat.org.uk

Borden CE Primary School
Bredgar CE Primary School
Dymchurch Primary School
Lydd Primary School
Lynsted & Norton Primary School
Milstead & Frinsted CE Primary School
Minterne Junior School
The Oaks Infant School
Petham Primary School
Selling CE Primary School