



Friday, 12th December 2025

Dear Parents,

We are delighted to have organised three sessions next term that we warmly invite you to attend.

Our 'Parenting with Insight – Building Emotional Intelligence, Co-operation and Calm Homes' session will be a 1-hour introduction to:

- Brain and child development
- Understanding behaviour as communication and developing emotional intelligence
- Motivating our children to co-operate
- Creating and upholding boundaries
- The importance of looking after ourselves, and staying calm

In each session there will be opportunities to ask questions.

The sessions will run for three stage bands on three separate occasions. The material covered will be broadly the same for each session, however examples may differ slightly. If you would like to attend but can't make the one for your child's stage, please do sign up for another stage as it will still be incredibly relevant.

Mrs Victoria Markou will be hosting these sessions. Victoria is a fabulous ELSA at Ripley but outside her work with us she is a very experienced Parent Coach and a mother of 2 delightful boys. Please read a little more about Victoria here:

I hold a degree in Psychology with a specialism in early years child development, as well as a Postgraduate Certificate in Education (PGCE). I began my career as a primary school teacher in the state sector, where I taught for several years before the birth of my two children.

Following this, I trained with The Parent Practice and went on to run parenting classes, courses, and workshops, as well as offering one-to-one consultations with parents. I now continue this work independently. I collaborate closely with specialists and professionals and bring over 16 years of experience working with families.

I am passionate about equipping parents with structure, skills, and practical strategies that support the whole family. My approach is pragmatic and grounded, always considering the unique challenges families face.

Follow [this link](#) to sign up for one of the sessions:

Monday 2nd February

Nursery, Transition and Reception 8:45am to 9:45am
Years 1-3 4pm to 5pm

Monday 9th February

Years 4-6 4:45pm to 5:45pm

We very much look forward to seeing you there.

Kind regards,

Mrs Pippa Moody
SENCO and Wellbeing Co-ordinator