



THE
GRANGE
ACADEMY

The Grange Academy
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Mr G Kelly
Principal B.Ed (Hons)

10th October 2022



Dear Parents/Carers

Whatever you are doing on Thursday 3rd November 2022 at 5.45pm – CHANGE YOUR PLANS!

You may have heard your child or your child's teacher talk about THASP over the last 18 months. Maybe your child has started using phrases like, "I have been my best self," "I am a Super Selfer," "Stay in your lane," "3 2 1 Brave" or even "What is your weather today?"

All of these phrases have been taught to your child and are used every day in school to support your child in their personal development and are part of a fantastic piece of work we have been completing with Christina Mitchell the founder of The Happy at School Project or THASP as we call it.

Christina is a parent to 2 boys and a life coach who coaches a whole range of humans from children as young as 3 to adults from all stages and walks of life. She was a teacher for many years but now works with adults and children of all ages, schools, businesses, and parents to support them on their journey through life and to give us all the tools to help us to live our best lives.

We have been planning to run a workshop for parents for a long time and so I am delighted and excited to finally be able to share THASP with you and have Christina speak to you directly, to share her skills and share with you some of the tools we have been using in school that you may also be able to use yourselves in your own lives but also with the children at home. You may wish simply to understand what on earth the children are talking about when they use the phrases I mentioned above.

The workshop will take place in the school hall on Thursday 3rd November. It is for adults only – so that you can really focus on the messages. I can promise you it will be enjoyable, and you won't be asked to do anything embarrassing or uncomfortable. We just want to start sharing the knowledge that we have learned and have shared with your children.

For comfort and safety numbers will be limited and you will need a ticket to attend. Please sign and return the slip attached if you want to come along and find out what THASP is, how we use it in school and how you could use it at home.

If you have any questions, please don't hesitate to ask.

Yours faithfully

M Kenneway
Head of Primary Education



The Happy at School Project



THASP Parents Workshop - Thursday 3rd November 2022 5.45pm

I will be attending THASP Parents Workshop and would like tickets.

Child/ren's name(s)

Class(es).....

Signed..... parent/carer