

Dear Overbury Parents and Carers,

30th September 2022

I am Marijana Filipovic-Carter
your school's Family engagement and support lead.

I work for Move-More, a charity whose mission is to improve children's and families' activity levels, knowledge of balanced eating and overall well-being.

I'd like to tell you more about my role and how it can benefit you.



My job is to help families with issues that might not necessarily be seen as educational but can have a significant impact on children and their learning. The aim is to support you so that you can help your children achieve their potential and enjoy school.

I am available to talk-over any issues or concerns regarding your child's behaviour, social and emotional development, general and mental well-being. These may include your children's reactions to significant life changes such as starting school or preschool, moving home or school, arrival of a sibling and similar. I can also help you manage your child's worries, anxiety, anger, tantrums and meltdowns, low self-esteem, relationship difficulties, issues with siblings, jealousy, withdrawal, morning and evening routines.. as well as give advice on fussy eating, better sleeping habits and using physical activity to improve general well-being.

I have been supporting parents for over 10 years and have been a parent for 15 so I do understand the ups and downs of parenting and how important it is to occasionally be able just to talk things through with somebody. This is why, whatever the issue, no matter how "big" or "small" it seems, I am ready to listen and talk in a friendly and supportive manner. If I don't have an answer, I can help you to work out how to find it elsewhere.

Apart from providing this 1-1 support, I am also running a number of webinars. The first one, focusing on helping children deal with their "big feelings", takes place on 5th October at 6pm (registration link [Children Deal With "BIG Feelings" - Move More \(move-more.org\)](https://www.move-more.org/children-deal-with-big-feelings))

I will also be running a few health programmes, as well as write well-being newsletters, again focusing on issues mentioned above.

Finally, I will be coming to your school to give you an opportunity to talk things through in person. More information about this will follow.

If you have any questions or would like to book a chat with me even to just see if my support is right for you, you can contact me directly on marijana@move-more.org or via the school.

I am looking forward to meeting you all, either virtually or face-to-face.

Kind regards,

Marijana