



What's on at The Roost?



<u>Day</u>	<u>Time</u>	<u>Event</u>
Monday	9.00am – 11.00am	Parent Coffee Morning Come and meet new parents, have a hot drink and make yourself at home!
	2.15pm – 3.00pm	School Uniform Shop We have a good selection of uniform available for you to take what you need. Any unwanted & good condition uniform can be brought to The Roost during this time.
Tuesday	8.55am – 11.00am	'Elevate Together' Parent Group - Move & Tone Session Keep fit exercise session in the school hall. We meet in the front playground for 8.55am. A brilliant fun and friendly class where our aim is to improve our fitness and achieve a healthier and active lifestyle.
		Mindfulness Explore mindfulness in a relaxing environment. Crucial for your well-being.
Thursday	9.15am – 11.15am	Stay & Play Toddler Group A time for the little ones to play and for the parents to come and socialise.
	2.45pm – 3.55pm	Young Carers Sessions – <u>Invite Only</u> A fun session for our Young Carers to relax, make refreshments and join in activities.