

# all about family

Dear Headteacher,

I hope you are well.

Please find the link to the Spring Issue of All About Family Essex, that that you are welcome to share electronically with all your parents. If you would like a PDF version, please let me know and I will send one.

Inside, parents will find useful advice on;

OFSTED News

Fitness Advice from Department of Culture, Media & Sport

NSPCC advice on AI

New Children's Book Reviews

St John Ambulance advice on illnesses

Dietary Advice for Children

Screentime to Greentime

Advice on getting your child to read more

SEND advice

Adult Education Advice

Plus more....

Link below:

[www.allabout-family.co.uk/essex](http://www.allabout-family.co.uk/essex)