

Ask someone in your school today how you can take part in HeadStart!



# CREATIVE & SPORTS ACTIVITIES

A stylized illustration of a tennis racket and a tennis ball. The racket is on the left, and the ball is on the right, with motion lines indicating it is being hit. The entire graphic is rendered in a light blue color.

## Ready to try something new?

HeadStart Newham has teamed up with organisations across the borough to offer young people a chance to try their hand at a range of activities. From slam poetry and film making to dance classes and group sports, there are creative and sports courses for everyone!

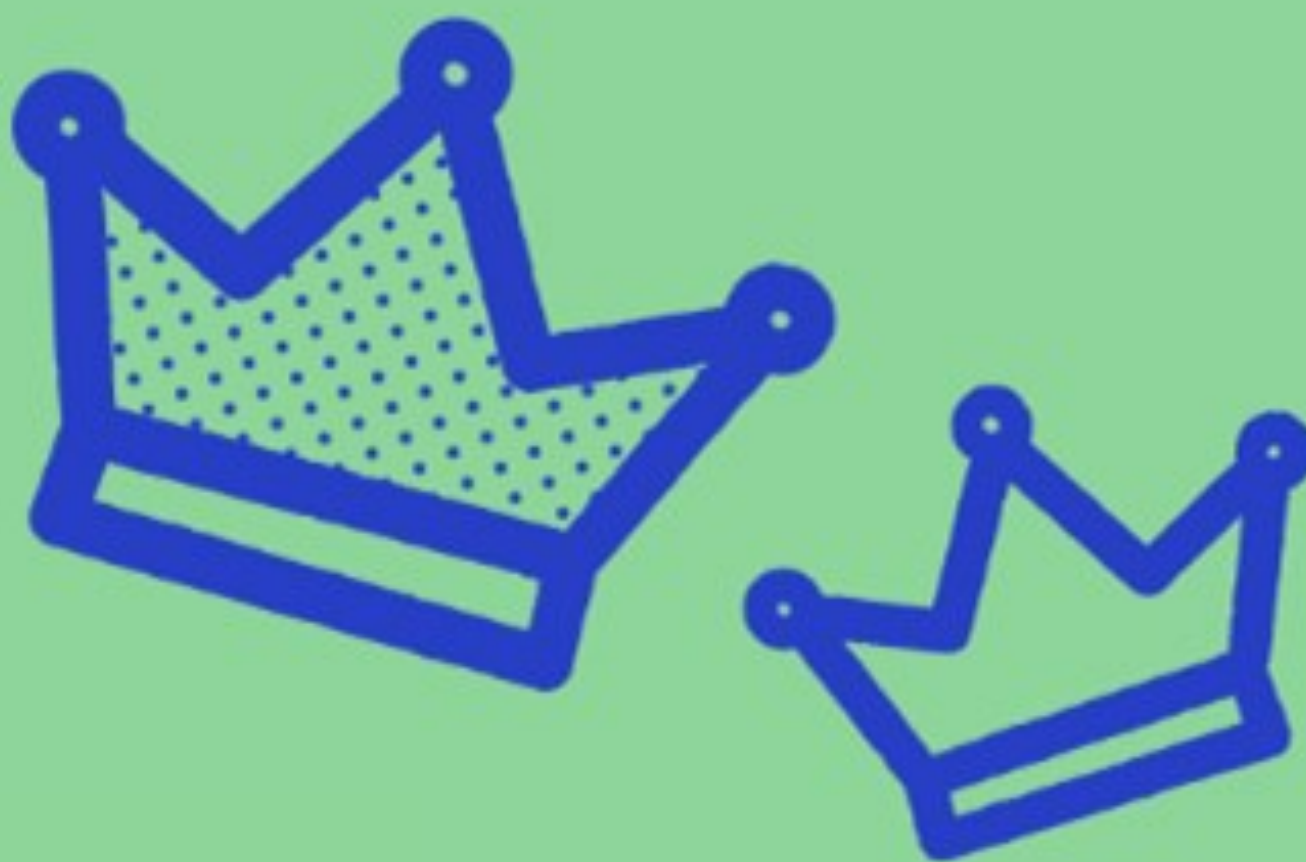
*Open to Year 5-11 from any Newham school*



Ask someone in your school today how you can take part in HeadStart!



# HEADSTART CHAMPIONS



## Could you be a HeadStart Champion?

As a HeadStart Champion, you'll play an important role in helping your school create a plan to make sure every student develops their resilience, so that even when things gets tough you can keep on going!

*Open to Year 5-11 pupils from HeadStart schools*





# PEER PARENTING COURSES

Free peer led parenting courses offering workshops and 8 week parenting courses focusing on positive parenting, boundary setting, behaviour management and parental peer support.

*Open to parents of any young person who could benefit from HeadStart*





Ask someone in your school today how you can take part in HeadStart!



# BOUNCE EVEN BACK

## NEWHAM

**BounceBack is a fun way to learn tools and tricks to help you look after your health, body and mind!**

BounceBack is led by a fun, friendly HeadStart Youth Practitioner. If you're in Year 5 or 6, BounceBack can be a great way to get ready for secondary school, learn new skills and make new friends.

*Open to Year 5 & 6 pupils from HeadStart schools*

