



# THE POWER OF ROUTINE : SLEEP , MORNINGS & DROP - OFFS

**A 1 hour workshop with your schools CWIS  
Vana Lamprogianni (Counselling  
Psychologist) & Firuze Tunc (Education  
mental health practitioner) for parents &  
carers of Shacklewell Primary School**

**We will explore ideas for supporting effective  
morning and evening routines, with an opportunity  
to exchange tips and strategies with others.**

**Date: Monday 8<sup>th</sup> June 2026**

**Time: 09:00am**

**Location: Shacklewell Primary school**



**We care  
We respect  
We are inclusive**