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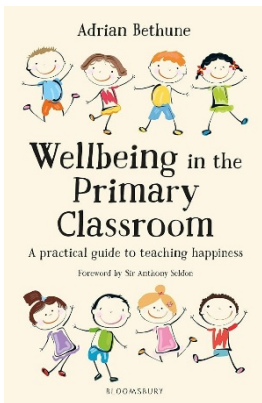
Headteacher: Mr Iain Horner

4th September 2025

How to be a Happier Parent, Raising Happier Children

Dear Parents and Carers,

On Thursday 25th September (3.30-4.30pm), we have the exciting opportunity to welcome renowned speaker Adrian Bethune to Chesterton, as part of our focus on children's wellbeing and in line with our vision of 'Building Firm Foundations For Life'. I have heard Adrian speak on a number of occasions and feel that his message and expertise are invaluable for staff and parents to hear. He has led staff training at Chesterton previously and will be working with our Teaching Assistants earlier in the afternoon on the 25th.



Adrian is a part-time primary school teacher in Aylesbury, Associate lecturer at Oxford Brookes University, Deputy Chair of the Well Schools strategic board and the founder of Teachappy <https://www.teachappy.co.uk/>. In 2012, he was recognised in the House of Lords for his work on developing wellbeing in schools. In 2015, he was invited to speak at the Action For Happiness event, Creating A Happier World, on stage with the Dalai Lama. Adrian is author of the award-winning *Wellbeing In The Primary Classroom – A Practical Guide To Teaching Happiness* and lead author for the *Oxford International Curriculum for Wellbeing* (Oxford University Press, 2021).

Here is a brief outline of the session:

"Being a parent is hard. In fact, there isn't a harder job on Earth because there isn't a manual and you don't know if you're doing it right! In his talk, teacher, author and dad to two young boys, Adrian Bethune, will introduce you to the science of wellbeing and shed some light on how we can all lead healthier and happier lives, which increases the chances of us raising healthier, happier children. Among other things, you'll learn what happiness is (and what it isn't), why some stress and discomfort is good for us and how to help your children step out their comfort zones and embrace challenges."

I am sure that you will find the afternoon very interesting and thought-provoking. As the talk is designed for adults, we are offering free places at Thursday's Tree House for any parent attending. Please indicate on the reply slip if you would like to make use of this.

We are all looking forward to a very enjoyable and interesting afternoon on the 25th September.

Yours sincerely, Mr. I. Horner - Headteacher



Building Firm Foundations For Life

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Please complete the reply slip and return to school office by Friday 19th September at the latest.

ADRIAN BETHUNE – PARENT SESSION

As parent / guardian of in class I / we wish to attend the parent session on Thursday 25th September from 3.30-4.30 p.m.

I do / do not need to request a free place for my child/ren at Tree House (until 4.30pm).

Please list names below if required.

Names:

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Signed: Parent / Guardian