

FAMILIES AND SCHOOLS TOGETHER (FAST)

FAST HELPS CHILDREN SHINE BE PART OF IT



Save the Children



Middlesex
University
London

Working together
to deliver

FAST 
Families & Schools TOGETHER

SPECIAL TIME FOR YOUR FAMILY

We believe every child should be happy at school and have the chance to fulfil their potential. We also know how important it is for parents to get the support they need to help their child achieve, learn and develop.

That's why Save the Children, in partnership with Middlesex University, is supporting the Families and Schools Together (FAST) programme in your school.

WHAT IS FAST?

FAST is an award-winning after-school programme which helps support children's learning at home so they are able to do their best at school.

Families who have taken part in FAST also say it has helped improve their relationships with their children, other parents and teachers.

RESEARCH SHOWS THAT FAST:

- ➔ helps improve children's reading, writing and maths
- ➔ encourages good behaviour and a positive attitude
- ➔ helps parents support their children's learning at home.

"MONIQUE HAS **BECOME MORE POSITIVE AND IT'S MADE HER HAPPIER. SHE ABSOLUTELY LOVED FAST** – IT HAS CHANGED HOW WE ARE."

Natalie, mum to eight-year-old Monique



"ALL THE **PARENTS** WHO KNOW EACH OTHER FROM **FAST** HAVE A CONNECTION. IT'S **MADE ME BETTER AND STRONGER.**"

Becky, mum to five-year-old Lewis

HOW DOES FAST WORK?

- ➔ **Step 1:** Parents of children in a class or year group are invited to attend FAST with their family.
- ➔ **Step 2:** Up to 40 families attend eight weekly sessions where parents and children take part in activities together.
- ➔ **Step 3:** Weekly after-school sessions are followed by monthly community meetings run by graduated FAST families.

WHAT HAPPENS AT A FAST SESSION?

FAST sessions are 2.5 hours long and give you and your child the chance to spend quality time together, taking part in a range of fun, educational games and activities – including drawing, singing and making things.

You'll also get to eat a free, home-cooked meal together and meet other families. Your whole family can attend, so there's no need to worry about childcare.

FREE BOOKS AND TOYS

Each family that takes part in FAST receives a hamper of goods, including books and toys, to support their child's learning and development at home.





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Lewis and his mum, Becky, play together at a FAST session.

LEWIS' STORY

Five-year-old Lewis and his mum, Becky, took part in FAST at Lewis' school. It transformed their relationship and dramatically improved Lewis' concentration and behaviour:

"He's much happier talking about how he feels," says Becky. "Before, he wasn't interested in work. Now he comes straight in and gets his counting board and does his numbers. It's changed my view of school."

FIND OUT MORE

Speak to your school FAST co-ordinator to find out how you can be part of it, or:

Telephone: 0207 012 6400

Email: fast@savethechildren.org.uk

Visit: familiesandschoolstogether.com