

The Seagull



Issue 712 Friday 7th October 2022

Next week is Week 2

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HEADTEACHER'S NEWS

Black History Month



People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. However, their value and contribution to society is often overlooked, ignored or distorted.

As a school we have made changes to our KS3 History curriculum but there is still more we can do. Black History Month gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture.

This week we held assemblies to launch Black History Month. Over the course of the month, we will be holding a number of events, lectures and opportunities for students to explore the contributions of both historical and current figures and role models from diverse backgrounds.

We look forward to showcasing this work at the end of the month. I would like to congratulate and thank Teeyah, Leeyah, Nifemi and Monjola and Becky for their contributions and speeches during our assembly.

Student voice elections

This week candidates were campaigning to join our student voice groups. Elections were held in the hall and results will be announced shortly. Can I say how impressed I was with all students that participated.

ACHIEVE Days reminder

Please make sure you have returned the parental consent forms from your son or daughter's trips leaflet. Please also check the leaflet for any guidance on items students may need to bring with them on ACHIEVE Days. A reminder that ACHIEVE days will be occurring on Wednesday 19th and Thursday 20th October and that school will be closed for staff training on Friday 21st October.

Parent Governor elections

A reminder that we have two upcoming vacancies for Parent Governors, one commencing 14th November 2022 and one commencing 6th March 2023.

The deadline for receiving completed nomination forms is **4:00pm on Monday 10th October 2022.**

Ms Keane
Headteacher



GENERAL NEWS

Online Safety

This week all parents/carers should have received a letter via "My Child At School" inviting them to create an account on **National Online Safety** online.

This will enable parents/carers to access resources such as online videos and weekly guides covering a range of topics linked to online safety.

It is important that schools, parents/carers work together to take an active role in teaching children about online dangers and we are committed as a school to safeguarding our students online.

If you are unable to access the content via the National Online Safety App or website, please contact us for support.

This week's parent guide focuses on Social Media and Mental Health in response to recent events in the media around the negative impact social media can have on young people's mental wellbeing.

Miss Boulton
Assistant Headteacher (Online Safety)

Operation Encompass

A reminder that school is participating in Operation Encompass.

Operation Encompass is a national scheme that operates jointly between schools and all police forces.

If you would like more information, then visit:
www.operationencompass.org

Mrs Bashir
Deputy Designated Safeguarding Lead

Whole school ACHIEVE Days - Wednesday 19th and Thursday 20th October 2022

Parent/carers will have received electronic leaflets via My Child at School (MCAS) or via email from Bromcom regarding our ACHIEVE days.

Consent should be given using MCAS or by returning consent to office@jorichardson.org.uk by Friday 7th October, with payments made in full by Friday 14th October.

If you have not received a leaflet by either of these methods, please contact the main School Office.

Mrs Garland
Assistant Office Manager

Year 8 and 9 Netball

The Year 8s and Year 9s were back in action with netball this week with their first league game of the season. Both teams were at home up against a really strong Robert Clack team.

The Year 9 team managed to play superbly well as a team and beat Robert Clack 5-1. Player of

the Match goes to Joan for some superb shooting.

The Year 8 team were unfortunately not as lucky and lost to Robert Clack 3-1. However, in the final 2 quarters played some fantastic netball. Player of Match goes to Brianna for her debut performance for JRCS.

Both teams are back in action next week away to Eastbury. Good luck girls!

Netball training is available to all KS3 students on a Tuesday lunchtime and after school.

Miss Pridie
Second in PE

London Mini Marathon

Congratulations to Thomas in Year 7 for taking part in the London Mini Marathon last weekend.

Thomas was selected to represent the borough at the event which consists of young athletes from all over the country completing the final stages of the London Marathon course.

Thomas completed the course in just over 19 minutes, and he should be very proud of his achievements.

Mr Howard
Head of PE



Weekly Outline of Out of School Hours Learning Activities - Autumn 2022				
Club	Year Group	Staff	Time	Venue
Monday				
Orchestra	7, 8, 9,10 & 11	Mr Jenner	8:15am - 8:50 am	MU1
KS3 Handball/Basketball	7, 8 & 9	Mr Watts	12:30 - 1:00pm	Sports Hall
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Indoor Athletics	All	Miss Pridie	3:00pm - 4:30pm	Sports Hall
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1
Tuesday				
KS3 Basketball	7, 8 & 9	Mr Thomas/Mr Watts	7:44am - 8:15am	Sports Hall
Vocal Group	7, 8, 9, 10 & 11	Miss Harris	8:15am - 8:55 am	MU2
GCSE Dance Technique	11	Miss England	11:00am - 11:30am	DA1
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30 - 1:00pm	Sports Hall
KS3 Netball	7, 8 & 9	Miss Emeny/Miss Pridie	3:15pm - 4:15pm	Netball Courts
Year 8 Football	8	Mr Watts	3:15pm - 4:15pm	Astro
Year 10 & 11 Football	10 & 11	Mr Howard	3:15pm - 4:15pm	Astro
Year 7 Rugby	7	Mr Kersey	3:15pm - 4:15pm	Field
Bronze DofE Expedition	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD4 starts 27/9
Textiles club	KS3	Ms Mir	3:05pm - 4:05 pm	DT4
DT Club	KS3	Ms Kamal/ Ms Dorma	3:05pm - 4:05 pm	DT6
Food Club	KS3	Ms Damian/ Ms Hinds	3:05pm - 4:05 pm	FC1
Wednesday				
Silver DofE Expedition	11	Ms Montague	7:30am - 8:30am	SD3 starts 28/9
Fitness Club	All	Mr Thomas	7:45am - 8:15am	Fitness Suite
Year 10 Band	10	Mr Jenner	8:15am - 8:50am	MU1
Jazz Band	7, 8, 9, 10 & 11	Miss Hurst	8:15am - 8:55am	MU2
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
Indoor Cricket	All	Mr Howard	1:30pm - 2:00pm	Sports Hall
Year 7 Dance Club	7	Miss England	1:30pm - 2:00pm	DA1
Pride and Allies	All	Miss Harland	1:30pm - 2:00pm	MS2
Thursday				
Fitness Club	All	Mr Watts	7:45am - 8:15am	Fitness Suite
Wind Band	7,8, 9, 10 &11	L Ellis	8:15am - 8:55am	MU2
Panathlon Club	7, 8 & 9 invited	Ms Montague	10:00am - 10:30am	S Hall from 29/9
Junior maths challenge club	7 & 8	Ms Aragroug and Ms Moody	12:30 - 1:00pm	MA4
KS3 Table Tennis/Badminton	7, 8 & 9	Mr Watts	12:30 - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30 - 2:00pm	SDD
GCSE Dance Technique	10	Miss England	1:30pm - 2:00pm	DA1
Year 13 Debate Club	13	M Ribbons and F Jabbar	1:30pm - 2:00pm	SF2
KS3 Dance Company	Audition 7,8 & 9	Miss England	3:00pm - 4:30pm	DA1
KS4 Netball	10 & 11	Miss Boulton	3:15pm - 4:15pm	Netball Courts
Year 7 Football	7	Mr Thomas	3:15pm - 4:15pm	Astro
Year 9 Football	9	Mr Cully	3:15 pm - 4:15pm	Astro
Girls Football	All	Miss Pridie	3:15pm - 4:15pm	Astro
Year 8 Rugby	8	Mr Kersey	3:15pm - 4:15pm	Field
Spanish Club (Week 1 only)	All	Miss Fernandez and Selene Damian	3:15pm - 4:15pm	MFL3
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
Friday				
KS4 Basketball	10 & 11	Miss Emeny	7:45am - 8:15am	Sports Hall
Music Theory Club	10 & 11	Mr Jenner	8:15am - 8:55am	MU1
Year 8 Dance Club	8	Miss England	10:00am -10.30am	DA1
KS3 Maths puzzle club	7,8 & 9	Ms Morozova and Ms Malik	12:30 - 1:00pm	Maths atrium
KS3 Trampolining	7, 8 & 9	Miss Pridie	12:30 -1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30 - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1

Wednesday 19th October											
Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters/ Mountfitchet Castle	19/10/2022	7	ABCDE	7A 7.00am 7B/7C/7D/7E 8.30am	7A 7.15am 7B/7C/7D/7E 9am	7A 3.10pm 7B/7C/7D/7E 4.10pm	A= MA1 B= MA1 C= MA2 D= MA3 E= MA4	Weatherproof clothing, change of footwear	Packed lunch + water	max £5	Yes
West Ham Workshops	19/10/2022	7	FGHIJ	8.30am	9.00am	3.00pm	F = MA5 G = MA6 H - MA7 I = MA8 J = MA9	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Tate Modern	19/10/2022	8	FGHIJ	8F/8G 8.30am 8H/8I/8J 10.30am	8F/8G 8.50am 8H/8I/8J 10.50am	8F/8G 1.00-1.30pm 8H/8I/8J 2.15- 2.45pm	F= SC1 G= SC2 H= SC3 I= SC4 J=SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Colchester Zoo	19/10/2022	8	ABCDE	8.30am	9.00am	3.30pm	A= SC6 B= SC7 C= SC8 D= SC9 E= SC10	Weatherproof clothing	Packed lunch + water	max £5	Yes
Tower of London	19/10/2022	9	ABCDE	8.30am	9A/9B/half 9C 9.15 half 9C/9D/9E 9.45	9A/9B/half 9C 3.15pm half 9C/9D/9E 4.15pm	A=EN1 B= EN2 C=EN3 D=EN4 E=EN5	Weatherproof clothing	Packed lunch + water	max £10	Yes
Fair Trade/DT/Food	19/10/2022	9	FGHIJ	8.30am	8.40am	3.40pm	F= GE1 G= GE2 H= GE3 I= HI2 J= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Careers	19/10/2022	10	ABCDE	9.00am	9.30am	3.00pm	A=PDE1, B=PDE2, C=PDE3 D=RE1, E=RE2,	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Dragons Den	19/10/2022	10	FGHIJ	9.15am	9.30am	3.00pm	F=SF1, G =SF2, H=SF3, I=SF4, J=SFCR	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Maths, English & Science Exams	19/10/2022	11	ALL	8.45am	9.00am	2.30pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
University of Westminster	19/10/2022	12	ALL	9.00am	9.15am	3.00pm	DA1	n/a	Packed Lunch or money to buy food	money to buy lunch if required	n/a
Post 18 Day	19/10/2022	13	ALL	8.30am	9.00am	3.00pm	SFCR	n/a	Normal lunch arrangements	n/a	n/a

Thursday 20th October 2022											
Visit/Event	Date	Year	Forms	Student arrival	Dep time or start of activity	Approx. return time	Where to register for Years 7 & 8 Rooms needed all day for Years 9, 10, 11, 12 & 13	Equipment	Lunch arrangements	Spending money	School uniform?
Spymasters/ Mountfitchet Castle	20/10/2022	7	FGHIJ	7F 7.00am 7G/7H/7I/7J 8.30am	7F 7.15am 7G/7H/7I/7J 9am	7F 3.10pm 7G/H/7I/7J 4.10pm	F= MA1 G= MA1 H= MA2 I= MA3 J= MA4	Weatherproof clothing, change of footwear	Packed lunch + water	max £5	Yes
West Ham Workshops	20/10/2021	7	ABCDE	8.30am	9.00am	3.00pm	A = MA5 B = MA6 C - MA7 D = MA8 E = MA9	Standard school equipment (pen, pencil, calculator etc.) & planner bring PE kit	Normal lunch arrangements	n/a	Yes
Tate modern	20/10/2022	8	ABCDE	8A/8B 8.30am 8C/8D/8E 10.30am	8A/8B 8.50am 8C/8D/8E 10.50am	8A/8B 1.00 - 1.30pm 8C/8D/8E 2.15 - 2.45pm	A= SC1 B= SC2 C= SC3 D= SC4 E= SC5	Weatherproof clothing	Packed lunch + water	n/a	Yes
Colchester Zoo	20/10/2022	8	FGHIJ	8.30am	9.00am	3.30pm	F= SC6 G= SC7 H= SC8 I= SC9 J= SC10	Weatherproof clothing	Packed lunch + water	max £5	Yes
Tower of London	20/10/2022	9	FGHIJ	8.30am	9F/9G/half 9H 9.15am half 9H/9I/9J 9.45am	9F/9G/half 9H 3.15pm half 9H/9I/9J 4.15pm	F=EN1 G= EN2 H=EN3 I=EN4 J=EN5	Weatherproof clothing	Packed lunch + water	max £10	Yes
Fair Trade/DT/Food	20/10/2022	9	ABCDE	8.30am	8.40am	3.40pm	A= GE1 B= GE2 C= GE3 D= HI2 E= HI3	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
Careers	20/10/2021	10	FGHIJ	9.00am	9.30am	3.00pm	F=Lit Lab, G =BS2, H=MFL1, I=MFL2, J=MFL3	Standard school equipment (pen, pencil, calculator etc.) & planner, bring PE Kit	Normal lunch arrangements	n/a	Yes
Dragons Den	20/10/2021	10	ABCDE	9.15am	9.30am	3.00pm	A=SF1, B=SF2, C=SF3 D=SF4, E=SFCR	Standard school equipment (pen, pencil, calculator etc.) & planner.	Normal lunch arrangements	n/a	Yes
Maths & Science Exams	20/10/2022	11	ALL	9.45am	10.00am	2.00pm	Assembly Lines	Standard school equipment (pen, pencil, calculator etc.) & planner	Normal lunch arrangements	n/a	Yes
London Culture	20/10/2022	12	ALL	9.45am	-	4.00pm	Becontree Station	n/a	Packed Lunch or money to buy food	money to buy lunch if required	n/a
Post 18 Transition Day	20/10/2022	13	ALL	8.30am	n/a	3.00pm	SFCR	n/a	Normal lunch arrangements	n/a	n/a

Times of the Day

2022/23



THE JO RICHARDSON

SUCCESS FOR ALL

C O M M U N I T Y S C H O O L

ACHIEVE

YEARS 7-9	7.45 -8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.00 pm	P7b 3.30 pm	4.00 pm
Monday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	P7a	P7b	End of day
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Wednesday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	Break	P2b	P3a	P3b	P4a	Lunch	P5a	P5b	P6a	P6b	End of day		

YEARS 10-13	7.45 -8.30 am	8.35 am	P1a 9.00 am	P1b 9.30 am	P2a 10.00 am	P2b 10.30 am	P3a 11.00 am	P3b 11.30 am	P4a 12.00 pm	P4b 12.30 pm	P5a 1.00 pm	P5b 1.30 pm	P6a 2.00 pm	P6b 2.30 pm	P7a 3.00 pm	P7b 3.30 pm	4.00 pm
Monday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	P7a	P7b	End of Day
Tuesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Wednesday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	End of day/ Lunch	Optional school activities				
Thursday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		
Friday	Breakfast available	Reg/ assembly	P1a	P1b	P2a	P2b	Break	P3b	P4a	P4b	P5a	Lunch	P6a	P6b	End of day		

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited videos, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is false.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



National Online Safety

#WakeUpWednesday

Meet our expert

This guide has been written by Anna Balam. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- MindShift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

Sources: <https://www.mentalhealth.org.uk/publications/mental-health-impact-of-social-media-on-children>, <https://www.ons.gov.uk/peoplepopulationandcommunity/mentalhealth/articles/mentalhealthandwellbeing/2018-04-18>, <https://www.ons.gov.uk/peoplepopulationandcommunity/mentalhealth/articles/mentalhealthandwellbeing/2018-04-18>, <https://www.ons.gov.uk/peoplepopulationandcommunity/mentalhealth/articles/mentalhealthandwellbeing/2018-04-18>



INCREDIBLE
INDIA

Spice up your day
17 October 2022

Chicken Tikka Masala
Wholegrain Rice
Gajar Matar

Butternut & Chickpea
Passada

Bombay Potato
Indian Spiced Carrots
Turmeric Rice

Cardamom & Ginger Rice
Pudding

Aspens

Schools and Colleges Early Support Service

Dear Parents/Carers,

We would like to invite you to attend the September/October 2022 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service. All sessions are via Zoom and can be signed up to below.

Topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

Anxiety in adolescence: how can parents help?

Date: Tuesday 11th October

Time: 5-6pm

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJwvf-Cgpz0oGNefKgyHfqM4-dH2UXN06yN8>

If you attend a session and have any feedback that might support the future sessions, please do send me an email at odraisey@jorichardson.org.uk.

Kind regards,

Ms Draisey

Senior Mental Health & Wellbeing Lead

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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