

The Seagull



Issue 722 Friday 20th January 2023

Next Week is Week 2

All Enquiries: 020 8270 6222
Email: headteacher@jorichardson.org.uk

Website: www.jorichardson.org.uk
Twitter: @JRCS_School 

HEADTEACHER'S NEWS

Gold Seagull



Congratulations to this week's Gold Seagull winner:

Kadie Year 7.

Teacher strikes

As many of you will be aware the teacher's union the National Education Union (NEU) have announced the following dates for strike action:

Wednesday 1st February 2023
Thursday 2nd March 2023
Wednesday 15th March 2023
Thursday 16th March 2023

The strike is happening because of a national dispute between the unions and the government over pay, and not because of any issues at our school.

I want to give you as much notice as possible that learning may be disrupted on the dates listed. We're currently considering several options, and I will let you know early next week what the arrangements will be for the first date on 1st February.

In the interim, I would ask that you be mindful of the strike dates, and I would recommend that you start to make alternative childcare arrangements for these dates. It is likely that the school will be closed to students in Year 7 - 10.

I am sorry about the potential disruption to you and to your child's education. I understand that this situation may be frustrating and ask that all members of our school community continue to treat each other with respect.

JRCS remains committed to providing a safe and secure environment for our pupils and delivering high-quality teaching.

Year 11 Parents Evening

It was good to welcome so many Year 11 parents/carers to the school on Wednesday. I hope you found the evening useful.

All students were interviewed by a member of senior staff to ensure that they have made plans for the next phase in their education. If your child requires any further support with applying for sixth form, college or training then please ask them to ask their tutor or the pastoral team and we will be happy to help.

Safety on the way home from school

I wrote to you last week about advising students to ensure they go straight home at the end of the school day. Students should continue to avoid Goresbrook park and the alleyway near McDonalds on Cook Road and Goresbrook Road.

Please also speak to your child about not having mobile phones and air pods on show.

We have been working with the police and local authority enforcement officers who have increased patrols in the local area. This is reducing the number of muggings and thefts, but we ask that students continue to be vigilant in order to ensure everyone is safe on the way to and from school.

School calendar change

In order to bring us in line with other local schools, we have made a slight amendment to the school holidays for Christmas this year.

We will now finish term on 21st December 2023 instead of the 19th December and return on Monday 8th January 2024 instead of 4th January 2024.

Ms Keane
Headteacher

GENERAL NEWS

GCSE Options Evening

Year 9 GCSE Options Evening will be on Wednesday 25th January 3.45pm-6.45pm. in Boothroyd Hall.

All Year 9 parents/carers are invited to attend school to be informed about the GCSE options process.

Students should attend with parents/carers and will have the opportunity to speak to all subject teachers to know more about which subjects they will be best suited to, staff will have subject stalls. It is important that students find out as much as possible about the courses on offer, their structure and the topics covered before making their option choices.

We look forward to welcoming you on the evening.

Mr Cully
Assistant Headteacher

Year 11 BTEC Business

Year 11 BTEC Business students came into school on Saturday for an intervention session in preparation for their real exam on 31st January 2023.

The business department would like to acknowledge the hard-working students who attended. They showed great commitment and dedication to their studies.



Students were positively engaged in all activities and used all resources. This was a great and beneficial session, and the Business department would like to wish all students good luck in their revision and exam in the coming weeks.

Miss Duhaney and Miss Gendoo
The Business Department

Year 12 Spangle

In Year 12 Spangle, we are taking part in the First Give Programme, which is a chance for students to take part in significant social action, raising money and awareness for local charities to make a meaningful change to social issues in our community.

We the students choose, research, fundraise and plan a presentation about a charity of our choice that means something to us, allowing us to make real change with a £1000 donation for the winning group.

We have chosen to raise awareness for the charity 'Redbridge Respite Care Association'. This charity supports people with mental health problems, including dementia as well as their carers, living in the local community.

They provide a safe and comfortable space for those who are vulnerable to pass time, provide various activities and cooked meals, all whilst their carers are able to have a break and go about their day-to-day activities, that they would otherwise be unable to do.

The trained staff within the charity provide vital emotional and practical support that many with dementia and mental health issues need.

To help in fundraising for our chosen charity, we will be holding a charitable football tournament for Key Stage 3. Please look out for emails and messages in assembly/ tutor time for all those interested in participating. This may be by signing up to compete or coming along to support as well as providing generous donations towards this cause!

We will also be going around collecting donations for this incredible charity so, if you are able, we would appreciate your monetary donations of any amount to support those living with dementia and mental health issues in our local community.

Thank you

Year 12 and Miss Mambuini
PDE Teacher

Poet Laureate

To beat the January blues, I tasked our poet Laureates for 2023 to write poetry focused on the theme of 'New Beginnings'.

The below is written by our KS4 Laureate, Ameenah in Year 10. Each month, our Laureates will share their work in The Seagull including poetry focused on our assembly themes, so please keep your eyes out for our next publications during Women's history month and LGBTQ+ history month.

New Beginnings- Ameenah

And so again we turn the page
A new chapter
Another leaf falls from the tree
Another flower blooms amidst the weeds
A chance to restart
To do it all over again
Another 365 days filled
With calamitous love
And when it ends, we get to look again
What we'd do differently- what we'd do the same
And we discover that it all goes by too fast
That we don't appreciate the people we do it with
The people who stick by our side throughout it all.

This year we start again
A blank slate, bound to be full of mistakes
Yet we make a promise to never forget
To capture those moments and live in the present
So that as time goes on and years go by
And we've all finished our books
We'll know that if we were to look
We had the best time of our lives.

Mrs H Gray
Literacy Co-ordinator

Online Safety

The digital world that we live in can be a minefield for families and parents/carers. The way in which children 'game' now is completely different to how modern-day parents and carers would have experienced.

The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.

This week's guide provides signs to look out for and top tips for parents to understand how online gaming can lead to online gambling.

We continue to encourage parents and carers to download our free online safety app from National Online Safety to become online safety savvy and keep up with the latest tech that children are using.

Miss Boulton
Online Safety Lead

Maths Clubs and Family brainteasers.

Exciting times in Maths, we have lots going on during lunchtimes and afterschool! Different ways to gain extra credits and LOCs.

Puzzle club Thursday lunchtime Maths atrium – for those that want to play some games and try out some puzzles.

UK Maths Challenge club Thursday lunch and Friday after school in MA9 – for those more committed mathematicians. This is preparation for the UKMT challenge which is a national competition we enter our students for, presently offered for Years 7 and 8 (but Year 9s are welcome).

Every two weeks the maths department will be setting a maths problem in The Seagull. Families are welcome to enter in a prize draw. The winner will receive a prize!

All entries need to be in by Wednesday, 1st February 2023. Winner will be announced in The Seagull and in assembly.

At the back of The Seagull is this week's problem.

Mrs Morozova
Maths Teacher



Weekly Outline of Out of School Hours Learning Activities - Spring 2023

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	12:30pm - 1:00pm	Sports Hall
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 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				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
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	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
KS3 Netball	7, 8 & 9	Miss Emeny	12:30pm - 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	SD3 starts 24/1
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
Drama Club	7, 8 & 9	Ms Willis	3:00pm - 3:45pm	DR3
Spanish Club (Week 2 only)	9	Miss Fernandez	3:05pm - 4:00pm	MFL3
Wednesday				
Year 9 Football	Year 9	Mr Bashir/Mr Cully	7:45am - 8:30am	Astro
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
Year 9 Football	9	Mr Bashir	2:00pm - 3:00pm	Astro
Thursday				
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
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	Sports Hall
Junior maths challenge club	7 & 8	Ms Aragroug and Ms Moody	12:30pm - 1:00pm	MA4
KS3 Table Tennis/Badminton	7, 8 & 9	Mr Watts	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
SDD Homework Club	10 & 11	SDD staff	1:30pm - 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 Ms 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
Wellbeing Club	All	Ms Draisey	3:00pm - 4:00pm	Conference room (library)
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	12:30pm - 1:00pm	Maths atrium
KS3 Trampolineing	7, 8 & 9	Miss Pridie	12:30pm -1:00pm	Sports Hall
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 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
Silver DofE (starts 27/1)	10	Ms Montague	3:00pm - 4:00pm	SD3



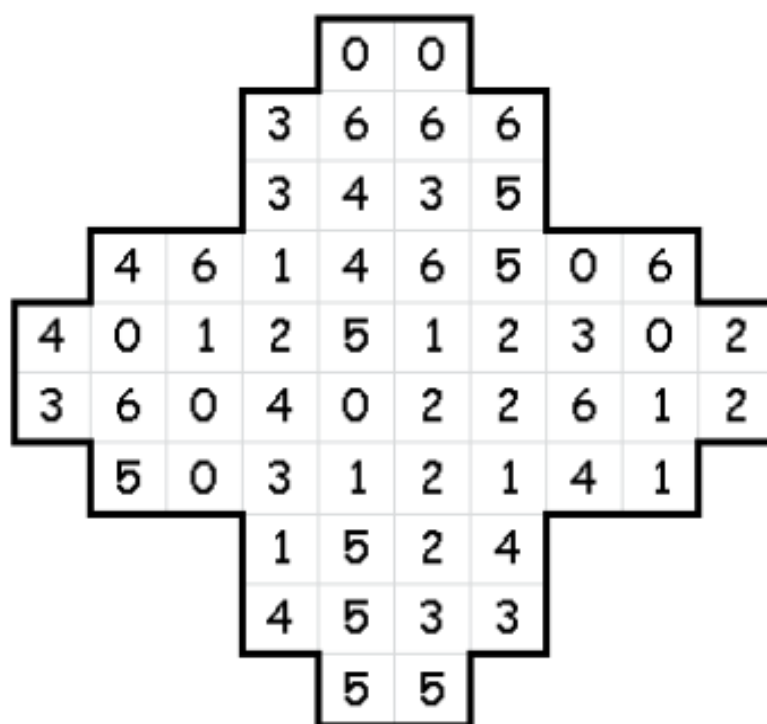
Fortnightly Puzzle #2



Below is a grid onto which a set of dominoes have been placed. Your task is to draw lines on to show where each domino is. Some have been completed for you already.

Remember:

- You cannot have the same domino twice.
- Do not draw the lines around one unless you are sure there is only one place for it to be!



0-0	
0-1	
0-2	
0-3	
0-4	
0-5	
0-6	

1-1	
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2-6	
3-3	
3-4	
3-5	

3-6	
4-4	
4-5	
4-6	
5-5	
5-6	
6-6	

Name: _____

Year and tutor group: _____



National
Online
Safety®

Download your Free Online Safety App for Parents & Carers



Be #OnlineSafetySavvy

Keep up with the latest apps
games and tech your children
are using, with the worlds
most comprehensive online
safety app for parents.

On the National Online Safety app you'll find:

- ✓ Hundreds of online safety guides on the topics you need to know about – from screen addiction, fake news and trolling to hacking, social media influencers and sexting;
- ✓ An online safety training course for parents – developed by our experts and delivered by online safety ambassador Mylene Klass;
- ✓ A user-friendly interface with increased functionality – find exactly what you need, when you need it;
- ✓ The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- ✓ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✓ The facility to personalise your content by favouriting key resources.

Download the free app today



Scan to download on
Apple App Store



Scan to download on
Google Play Store

or search for 'National Online Safety' in the store



www.nationalonlinesafety.com
Twitter: @natonlinesafety

Call: 0800 368 8061
Facebook: /nationalonlinesafety

Email: hello@nationalonlinesafety.com
Instagram: @nationalonlinesafety

"The industry, as far as we can see as families, are grooming the next generation with a whole set of online games and these are aimed at 7, 8, 9 year olds – that's the next generation who are going to be their income generators" - Liz Ritchie, Gambling With Lives

The digital world that we live in can be a minefield for families and parents/carers. The way in which children 'game' now is completely different to how modern day parents and carers would have experienced. The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.



From ONLINE GAMING to ONLINE GAMBLING

Recognising the Signs



10 Signs for Parents to Look For:

Disordered gambling is sometimes referred to as the 'silent killer'. Unlike drug or alcohol addictions the signs are sometimes harder to spot and if not dealt with at an early age can have a devastating affect on both the gambler and their families later on in life.

1

EXCESSIVE USE OF DEVICES

This can lead to increased isolated behaviour and lying about the amount of time spent online.



2

SPENDING MONEY ONLINE WITHOUT PERMISSION

If a child is willing to spend money online (invariably on a parent's card) without permission then this should act as an early warning sign to parents to ensure that there are some barriers and parental controls in place.

3

CHANGES IN BEHAVIOUR

Children may become moody, aggressive or argumentative particularly during or shortly after periods of online gaming.

4

A CHANGE IN ATTITUDE TO SCHOOL

Children may display an obvious change in attitude to learning and a more negative view of school.

5

DISENGAGED WITH FAMILY LIFE

Children start to prefer spending time alone online rather than engage in normal family activities.

6

COMPULSIVE EATING

This includes both eating the wrong types of food excessively and not eating healthily.



7

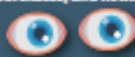
IMPATIENT

Not prepared to wait for anything (mirrored in excessive online game play and in app purchases) and nothing is ever good enough.



8

'THE LOOK'



Compulsive gamblers are often said to look zoned out, have a greyness, look ill, experience a loss of weight and stop taking pride in their appearance. The same can be said of those who are starting to develop a gaming addiction.

9

OBSESSIVE BEHAVIOUR

Children who demonstrate obsessive behaviour in everyday life are often reported to be at risk of developing an online gaming disorder.

10

DISHONESTY

This could include starting to tell lies and in the more extreme cases even stealing things.



10 Top Tips for Parents:

If you think that your child may be at risk of developing a gaming addiction then there are a series of measures that you can put in place. This is by no means an exhaustive list but just some strategies that could ensure a potential situation does not escalate.

1

BE AWARE

Do not fall into the trap that it's just what children do – as parents/carers/families be 'on the same page' and do not be allowed to be played off against one another.



2

VISIT THE GP

Although both gaming/gambling addictions are now recognised as a mental disorder, some doctors may not be experts in these areas – families can self-refer to NHS Gaming and Gambling Clinics.

3

DO YOUR RESEARCH

See what help and support is available. Visit www.gamfam.co.uk and become an expert.



4

SPEAK TO THE SCHOOL

Have an open and honest conversation. Schools are investing heavily in mental health and can arrange or direct you to the most appropriate support services.



5

TAKE AN ACTIVE INTEREST

This applies to school work and in creating a learning environment at home. Find activities and hobbies that create a life away from the screen and be part of it.

6

BECOME THE EXPERT

Research the game your child is playing – does the game have loot boxes?



7

PUT BARRIERS IN PLACE

Set up parental controls for all devices (including phones) and set up screen time. Visit the 'Partnership with Parents' section at www.gamfam.co.uk for further details.

8

FINANCIAL CONTROLS

Turn off in-app purchases. Do not link your debit/credit card to your child's device and use a prepaid card instead. For example Monzo, Go Henry, Nimbi or speak to your bank for advice.



9

DISCUSS LOOT BOXES AND SKIN BETTING

Have a conversation about loot boxes and skin betting. Many games can still be played and completed without using loot boxes on the console version but be mindful of the mobile versions.



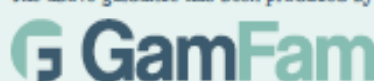
10

DO NOT LEND MONEY FOR GAMBLING

Or if you think it will be used for online gaming, without your permission.



The above guidance has been produced by



Children and young people attending a Barking & Dagenham school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at appointments@v-uk.co.uk or call on 0203 343 2400

- **Flu Vaccinations:** Reception – Year 9
- **HPV:** Year 8
- **DTP & MeningitisACWY:** Year 9

Date	Time	Venue
Wednesday 25 th January	3pm-5pm	Barking Library
Tuesday 7 th February	3pm-5:30pm	Fanshawe Community Centre
Wednesday 15 th February	10am-1pm	Barking Library
Tuesday 28 th February	3pm-5:30pm	Fanshawe Community Centre
Thursday 16 th March	3pm-5pm	Barking Library
Wednesday 29 th March	3pm-5:30pm	Fanshawe Community Centre

Barking Library
2 Town Square
Barking
IG11 7NB

Fanshawe Community Centre
Barnmead Road
Dagenham
RM9 5DX

Flu Vaccination Clinics

Has your child missed their
Flu Vaccination at school?



We are running catch up clinics in your
area for the following age groups:

Flu Vaccinations: Reception - Year 9



Support Service

Information regarding Webinars for Parents and Carers January/February 2023

Dear Parents/Carers,

We would like to invite you to attend the January/February 2023 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

Five 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:

Managing teen behaviour that challenges: tips and tricks

Adolescent self-harm: how to make sense of it and when to seek support

Anxiety in adolescence: how can parents help?

Building resilience, staying connected and nurturing your relationship with your teen

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

Further details on each webinar are below. To register please click on the relevant Zoom link.

Managing teen behaviour that challenges: tips and tricks

Date: Tuesday 24th January & Friday 3rd February

Time: 12:30-1:30pm & 12-1pm

Venue: Virtual via Zoom

Most adolescents will at some stage in their development engage in behaviour that parents find challenging and worrying, for instance, substance misuse, being overly argumentative and rejecting, oppositional behaviour and excessive social media use. It can become difficult for parents to find ways of discussing their concerns with their teens who may increasingly not want to hear any advice their parents have to offer. This webinar will provide an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offer tips for parents on how to approach and discuss challenging behaviour with teens, and how to set boundaries. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

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

The Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Tuesday 24th January:

https://annafreud.zoom.us/join/igz0sHdxOHhCm36VnDmRpHxy_P4w

Friday 3rd February:

<https://annafreud.zoom.us/join/tJwqdOitqD0uGdJa3eMje9qQJV6q8ka78W1k>

After registering, you will receive a confirmation email containing information about joining the meeting.

Adolescent self-harm: how to make sense of it and when to seek support

Date: Tuesday 24th January & Wednesday 1st February

Time: 5-6.15pm

Venue: Virtual via Zoom

Adolescence brings about many challenges, including insecurity, self-consciousness, anxiety about one's own body, and peer pressure. It is not uncommon for teenagers to engage in some self-harmful behaviour for a period of time, for instance cutting, hair pulling or scratching. Understandably, these behaviours can be very concerning, distressing, and confusing for parents. This webinar will provide an overview of the risk factors and methods of self-harm. It will explore the various reasons why young people may self-harm and offer ideas on how parents can talk to and support their teens. Lastly, it will discuss instances of self-harmful behaviour that may require professional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Tuesday 24th January:

https://annafreud.zoom.us/join/tJckdOGsqj4uH9b_ZxaxvUGFJX64luBUxAYI

Wednesday 1st February:

<https://annafreud.zoom.us/join/tJwpdOGhqT0pGN1qMjYWYDC3YdQNKPhmMg3s>

After registering, you will receive a confirmation email containing information about joining the meeting.

Anxiety in adolescence: how can parents help?

Date: Wednesday 25th January & Thursday 2nd February

Time: 5-6pm

Venue: Virtual via Zoom

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

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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:

Wednesday 25th January:

https://annafreud.zoom.us/meeting/register/tJ0qcuGppz4jHt0cpSxMsJ1kRdFh28N_b5_c

Thursday 2nd February:

<https://annafreud.zoom.us/meeting/register/tJwud-mvrz8qHNAXAqRsoKpN-InGCaGcUr3Y>

After registering, you will receive a confirmation email containing information about joining the meeting.

Building resilience, staying connected and nurturing your relationship with your teen

Date: Thursday 26th January & Tuesday 31st January

Time: 5-6pm

Venue: Virtual via Zoom

Adolescence is a time of insecurity, strong feelings and growing autonomy which naturally affects the parent-child relationship and requires parents to find new ways of connecting with their teenagers. Parents may feel left out and worried, and they may experience a sense of loss over the relationship they used to have with their children when they were younger. This webinar offers ideas on how to maintain and build trust with teenagers, how to stay connected and how to nurture the relationship with their teen. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Thursday 26th January:

https://annafreud.zoom.us/meeting/register/tJwqceutrDwiHNa_etTEda6nes70j_8f6hMm

Tuesday 31st January:

https://annafreud.zoom.us/meeting/register/tJYlf--qpzguEtz29voB3UY5vy_6X_zD1Nlr

After registering, you will receive a confirmation email containing information about joining the meeting.

Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone

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

The Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.

Date: Monday 30th January & Monday 6th February

Time: 12-1pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

Monday 30th January:

<https://annafreud.zoom.us/meeting/register/tJAlfuyhqj8vE9WohsO1dpEM4foBbSIVFBNI>

Monday 6th February:

<https://annafreud.zoom.us/meeting/register/tJAoduqppqDspHtMv1TKCbvKj-YePwfEIQppQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

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

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