

The Seagull



Issue 728 Friday 10th March 2023

Next week is Week 2

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

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



Reading Marathon

HEADTEACHER'S NEWS

Gold Seagull



Congratulations to this week's Gold Seagull winners:

Victoria and Ryder Year 7 and Zubin Year 11.

GENERAL NEWS

Reading Marathon

It was fantastic to see so many students joining in our readathon on World Book Day! Reading is key to improving students' outcomes across the curriculum. Please continue to encourage your child to keep reading!

Strike days

There are a further two strike days planned for Wednesday 15th and Thursday 16th March. Unfortunately, the school will be closed to all students except for those in Year 11. I apologise in advance for the disruption this may cause.

Students in Year 11 should attend in full school uniform from 8.45am to 1.15pm on both Wednesday and Thursday so that they can continue to sit their mock exams. Some students may be invited to stay on Wednesday or Thursday afternoon for intervention sessions. Individual students who are invited to stay will

be informed by their class teacher and we will write a note in their planners.

Uniform Reminder

Our uniform at JRCS is designed to be affordable and comfortable to wear. As with all the work we do, we have high expectations of students and therefore I ask parents to support us by ensuring students come to school in the correct uniform. Any student who is not in the correct uniform will be asked to work in our Standards Room. Students should be wearing a proper coat and should not wear hooded tops or tracksuit tops to school. Students will not be allowed into lessons wearing trainers and they must have appropriate school shoes. Jewellery is not permitted in school. Trousers should be tailored and leggings are not allowed. May I thank parents/carers for their continued support in this matter.

Ms Keane
Headteacher

The Queen's Gambit arrives at JRCS



Chess has become the buzz around JRCS over the last two weeks as the inaugural school Chess Tournament has been stretching our "grand-masters".

The tournament entry was open to all year groups and an amazing 52 students signed up to play!

Students have been playing others from different year groups during their break and lunchtimes in the hope of progressing to the final stages.



Most first and second round games have now been played and players are set to start the "Last-16" round as from Monday.

All students have shown good flair, skill and sportsmanship so far and the quality of competition has been really high.

The last-16 playing are:
Amy Year 11 or Joel Year 9 v Angelos Year 13

Nafis Year 10 v Murtaza Year 11
Adam Year 7 v Danny Year 10
Filip Year 13 or Derek Year 11 v Matas Year 10
Jack Year 11 v Victoras Year 12
Oskar Year 9 v Nevan Year 9
Harry Year 8 v Hamza Year 10
Victor Year 12 v Taylan Year 11

Congratulations to all those who entered and played. Good luck to those that are still in the competition!

Updates in next newsletter as the tournament progresses to the Quarter-Final & Semi-Final stages.

Miss Campbell & Ms Osland
Tournament Organisers

IMABI Inspire App

The IMABI Inspire app has now been running for three weeks and we have seen an increase in the number of students downloading the app. Pastoral and Safeguarding teams will be encouraging students to use the app to report any incidents to allow us to track and monitor pastoral support more effectively and ensure students receive the help they need.

We encourage all students to download the app to access the support guides and resources available as well as to using it as a reporting tool.

The App is available on Google Play and App store with students using their school username and password to sign in.

Miss Boulton
Assistant Headteacher

Reading Marathon



The JRCS World Book Day Reading Marathon was held on Friday 3rd March. Over fifty students took part to highlight and encourage reading for pleasure.

Each received a special edition WBD book, certificate, bookmark and a sweet treat!

Ifraz, a student in Year 8, was given special permission to take part in the event all day. This was because, since starting at JRCS he has read over 450 books and, on the day of the reading marathon, he read his way through 15 books. Ifraz is an inspiration and shining example of what reading for pleasure represents.

The £1 Book Token is valid until 26th March. Details can be found at www.worldbookday.com.

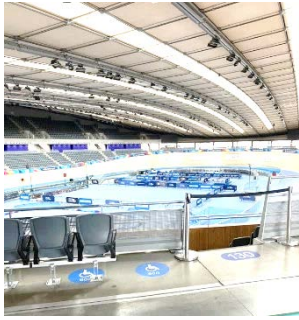
"If you don't like to read, you haven't found the right book."
J.K. Rowling



Ms Osland
School Librarian

ACHIEVE

KS5 Art and Media



On Friday 24th February KS5 Art and Media students visited the new College of Esports in Stratford, London.

Based in The Velodrome, the College has a unique approach to teaching, with health

and wellbeing a core pillar. Courses centre around Esports but are wide reaching, from design and creation to production, marketing and broadcast as well as event management and coaching.

The students were welcomed with a peek at The Velodrome, before entering the college to watch an extra-curricular class on live broadcasting, led by industry professionals.



They were taught about virtual environments and live editing, then the students listened to a talk by Professor Simon Jones, Chair of the Academic Council and Founding Member of the college. He spoke on the traits they look for in their students and cited enthusiasm and passion as something he looks for in applicants.

The students then moved on to the gaming rooms, where members of the college practise their skills and where they watch the live broadcasts made by the college. The students on this visit were able to sign up to the college mailing list, which gave them an extra

advantage for if and when they apply to the College of Esport.

Ms Harland, Head of Media, said "The Media students have to learn about the gaming industry for their exams and this was the perfect place to do this. Gaming is a massive, global industry, making more money than the film industry. The links forged today will benefit JRCS students now and in the future. Esports is a viable career option for many of our students."

Mr Hassan, Head of Art, said "this was really useful for our Art students as they got to see how design works in the industry. There are two courses directly related to Art. Thanks to Ms Harland for planning and organising this trip".

Ms Harland
Head of Media and Film

Poet Laureate

To celebrate Women's History Month this March, and International Women's Day on 8th March, our poet laureate Ameenah put together this poem.

They're talented, hardworking, smart
And she's trying too hard
Her motivation fades
As they get more praise

When we're mad, we're aggressive
Hysterical, emotional, angry
Whilst they are powerful, authoritative
And must be listened to

If you complain you're
Too loud
Too disrespectful
For them, it's allowed
For me, It must be that time of the month

We are always the problem
We'd rather be a man than a woman
When women are just as strong

Being a woman has its ups and downs
Yet we are fierce, intelligent, and accomplished
We fought for the vote, and we proved others wrong

If anyone tells you
That you shouldn't,
You couldn't.
You wouldn't.
Do it even better.

The following poem was written by our KS3 poet laureate, Gabrielle.

Where do I begin
When we celebrate these wonderful woman
Written up in history for boys and girls
To celebrate all these precious pearls
Clarrisa Barton who founded the Red Cross
And helped U. S. when all hope was lost
Harriet Tubman a well-known activist
Who saved seventy people and was also a Baptist
Susan. B Anthony a social reformer
Collected anti-slavery petitions and
Now we learn about her

But not all women went down in history
Some remained a really big mystery
All women are capable and intelligent
Uniquely formed to create magnificence.

Miss Uddin
Teacher of English

Maths Clubs and Family brainteasers

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

We are pleased to announce and congratulate last week's Fortnightly Puzzle competition winners: Alex Year 7 and Aleena Year 8.

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 9 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, 20th March 2023.

Winner announced in The Seagull but also in assembly.

Attached to this week's Seagull is this week's problem.

Mrs Morozova
Teacher of Maths

Football success!

A few weeks ago, our very own Divine in Year 11 went to Cyprus to join the England Under 16s football team in their UEFA development tour.

The team stayed in a hotel near Paphos and were involved in a tournament with Cyprus, Scotland and Denmark.

Divine played the following games:

Game 1 v Cyprus. Started played 65 minutes.

Game 2 v Scotland. Sub, came on for 30 minutes, scored his first international goal.

Game 3 v Denmark Played for 60 minutes-Won 1-0.

All this winning meant that Divine, with England, were tournament winners! Whilst away with England, Divine still had to complete work set by school and we received a glowing report for him.

This included that Divine had been 'a pleasure to work with' and that he conducted himself 'impeccably' throughout his time. We are incredibly proud of Divine and his footballing achievements and that he conducted himself so well. He did himself, family, school and country proud! Keep it up Divine.

Ms Draisey
Head of Year 11

U16 Netball



The U16 Netball team represented JRCS in the Borough Netball Rally at Robert Clack on Monday 6th March.

The team started strong and won the first two games against Eastbrook and Greatfields schools. They then lost the next two games

against the eventual finalists Robert Clack and All Saints, however won the final match against Dagenham Park.

The girls have been so committed to training this year and the quality of performance has improved dramatically since September. The girls have also played up a year in the league and rally this season and I am proud of the determination and resilience they have shown.

Miss Boulton
Assistant Headteacher



Year 11 Mock Timetable March 2023

Below is a copy of the timetable for Year 11 Mocks Exams. These are internal exams and students will be required to attend normal lessons. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen.

If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Day/Date	Year	Paper	Start
Monday 13th March	11	GCSE Spanish Listening & Reading	9:00am
		GCSE Media Paper 2 (audio/visual)	11.30am
	11	GCSE PE Paper 2	2:00pm
Tuesday 14th March	11	GCSE History (Weimar & Nazi Germany)	9:00am
	11	GCSE Business (Theme 2)	11.30am
	11	GCSE Geography Paper 2	2:00pm
Wednesday 15th March	11	GCSE Maths Paper 2 (Calc)	9:00am
	11	GCSE Combined Science (Biology) GCSE Biology	11.30am
Thursday 16th March	11	GCSE Maths Paper 3 (Calc)	9:00am
	11	GCSE Combined Science (Physics) GCSE Physics	11.30am
Friday 17th March	11	Step Up To English (Silver)	9:00am



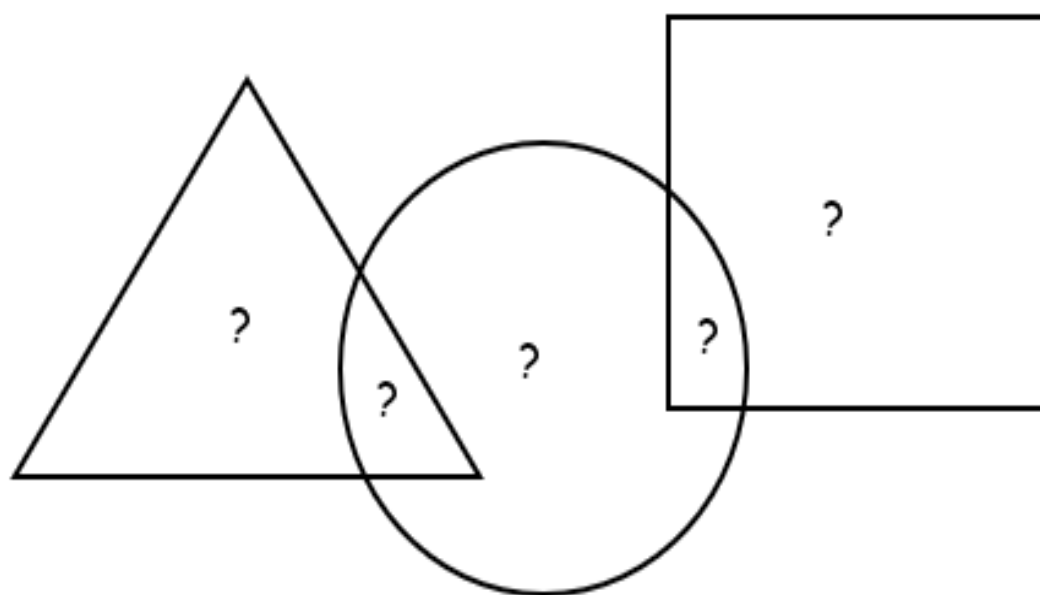


Fortnightly Puzzle #4



The numbers represented by question marks are consecutive.
They are not necessarily in order on the picture, however.

If the numbers add up to 80, what do the numbers in the circle add up to?



Name: _____

Year and tutor group: _____

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
SDD Homework Club	7, 8 & 9	SDD staff	12:30pm - 1:00pm	SDD
KS4 Basketball	10 & 11	Miss Pridie	1:30pm - 2:00pm	Sports Hall
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
Indoor Athletics	All	Miss Pridie	3:00pm - 4:30pm	Sports Hall
Tuesday				
KS3 Basketball	7, 8 & 9	Mr Thomas/Mr Watts	7:45am - 8:15am	Sports Hall
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
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
KS3 Netball	7, 8 & 9	Miss Emeny	12:30pm - 1:00pm	Sports Hall
SDD Homework Club	10 & 11	SDD staff	1:30pm - 2:00pm	SDD
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
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
Bronze DofE Expedition	Year 10 invited	Ms Montague	3:05pm - 4:35pm	SD3 starts 24/1
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
Wednesday				
Fitness Club	All	Mr Thomas	7:45am - 8:15am	Fitness Suite
Volleyball	All	Miss Pridie	7:45am - 8:15am	Sports Hall
Year 9 Football	Year 9	Mr Bashir/Mr Cully	7:45am - 8:30am	Astro
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
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				
Fitness Club	All	Mr Watts	7:45am - 8:15am	Fitness Suite
Year 9 Football	Year 9	Mr Bashir	7:45am - 8:30am	Astro
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	SE2
KS3 Dance Company	Audition 7,8 & 9	Miss England	3:00pm - 4:30pm	DA1
Wellbeing Club	All	Ms Draisey	3:00pm - 4:00pm	Conference room (library)
Electronics Club	KS3	Ms McKenzie	3:05pm - 4:05 pm	DT3
Computing Intervention	10 & 11	Mr Cambell	3:05pm - 4:05 pm	IT1
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
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
Silver DofE (starts 27/1)	10	Ms Montague	3:00pm - 4:00pm	SD3
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Year 11 Football	11	Mr Cully	3:15pm - 4:15pm	Astro

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

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 th February	3:00pm – 5:30pm	Fanshawe Community
Thursday 16 th March	3:00pm – 5:00pm	Barking Library
Wednesday 29 th March	3:00pm – 5:30pm	Fanshawe Community
Wednesday 5 th April	10:00am – 1:00pm	Barking Library
Wednesday 12 th April	10:00am – 1:00pm	Fanshawe Community
Wednesday 26 th April	3:00pm – 5:00pm	Barking Library
Tuesday 9 th May	3:00pm – 5:30pm	Fanshawe Community
Tuesday 23 rd May	3:00pm – 5:00pm	Barking Library
Wednesday 31 st May	10:00am – 1:00pm	Fanshawe Community

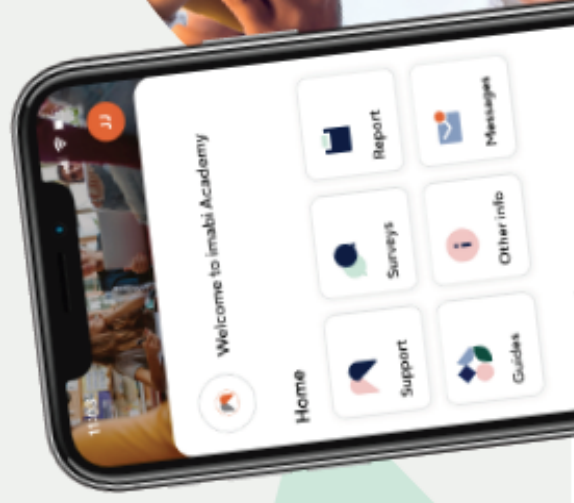
Barking Library
2 Town Square
Barking
IG11 7NB

Fanshawe Community Centre
Barnmead Road
Dagenham
RM9 5DX



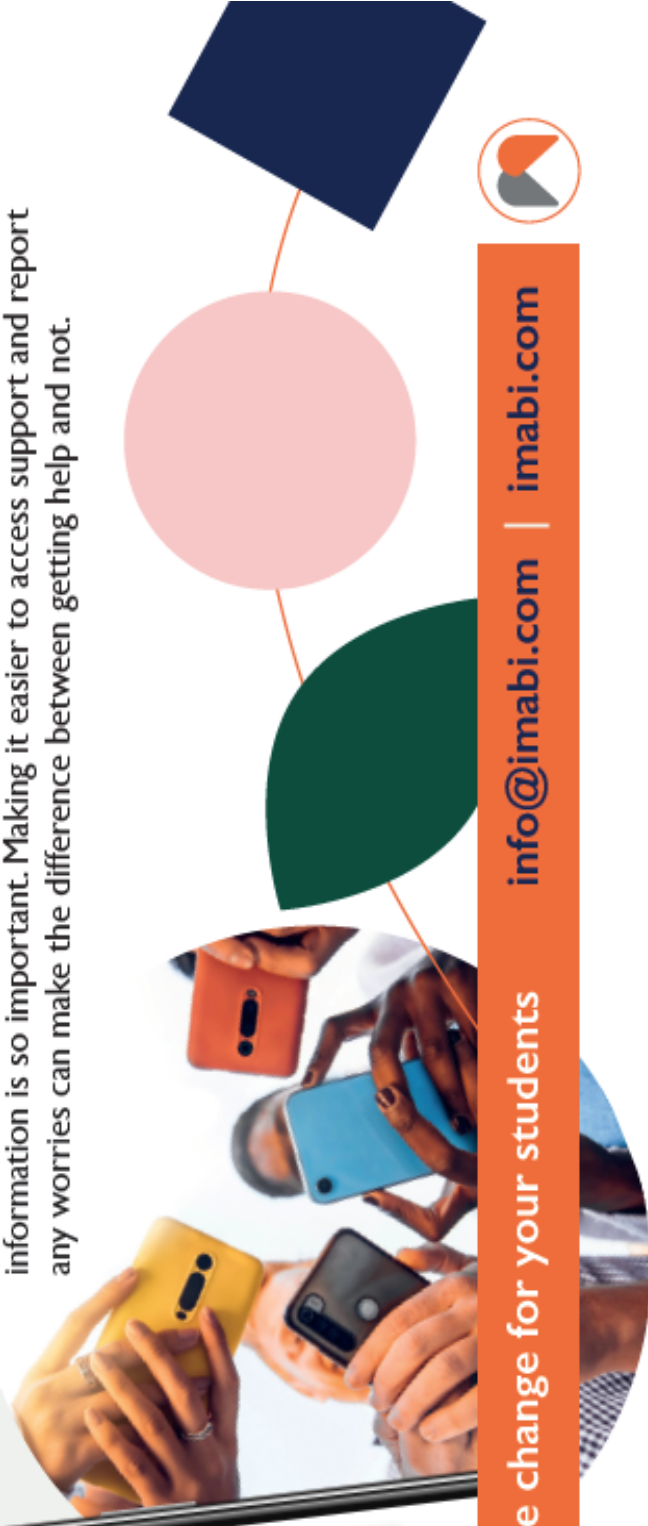
Empower, engage and support your students with imabi Inspire

The app has 6 main features, to help your students easily navigate to areas in the app they want to use.



We all recognise the importance of making sure students feel safe, able to report their concerns, and access support when they need it. The imabi Inspire app allows students to do all those things, all in one place.

Students using imabi Inspire app have told us how having access to reporting, and trusted information 24/7 makes such a difference to how they feel and increases the likelihood of them asking for help. Being able to rely on trusted information is so important. Making it easier to access support and report any worries can make the difference between getting help and not.



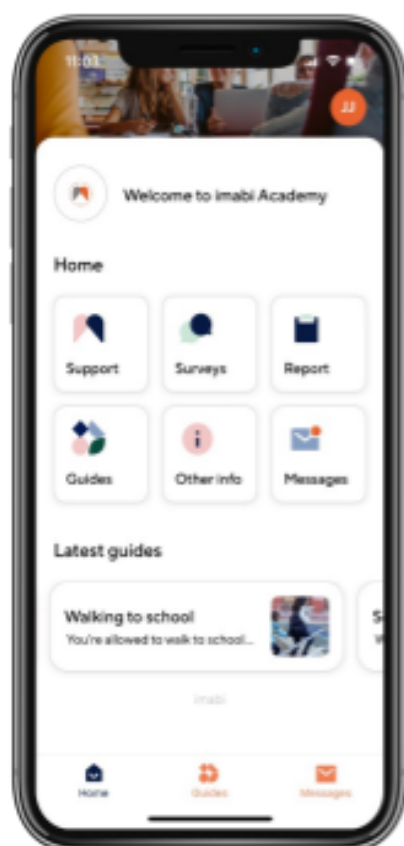
Contact us to make the change for your students

info@imabi.com | imabi.com



The imabi Inspire App

I am writing to you with some exciting news about how we are expanding the provision to students to support their safety and wellbeing. From Monday 20th February, students will be able to download the imabi Inspire App using their school account. The app will give them access to report any concerns. This could be linked to support with mental health, unwanted behaviour, stress & anxiety etc. and goes directly to the school's safeguarding team. The app will also signpost them to any support they may need and give them access to verified information on a range of topics. This is a first of a kind App in the UK to have all these features in one place.



6 Main Features Include:

- Easy Access to Support
- Survey Tool
- Live Reporting
- Guides
- Other Info – Virtual Noticeboard
- One Way Messaging Service to keep students informed.

Downloading the App is easy, its available on the Google Play and App Store. Students can use their school username and password to sign in. (The App has been through a robust GDPR process). Downloading the App is optional and student choice. But we believe it would benefit students greatly if they had access to get help if they felt they needed it, all in one place.



What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

18
CONSENSUS

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Meet Our Expert

Cathy Hoyle is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of Tech Insider, this business, Cathy is now a freelance technology journalist, editor and consultant.



NOS National Online Safety
#WakeUpWednesday

Schools and Colleges Early Support Service

Information regarding Webinars for Parents and Carers February/March 2023

Dear Parents/Carers,

We would like to invite you to attend the February/March 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:

Anxiety in adolescence: how can parents help?

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

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

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

Managing teen behaviour that challenges: tips and tricks

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

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

Date: Tuesday 14 March

Time: 11.45am-12.45pm & 5-6pm

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:

Tuesday 14 March:

<https://annafreud.zoom.us/meeting/register/tJMsf-mtpzMjH9Po9rKYPVqNbMmH0fLC1VWX>

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