

The Seagull

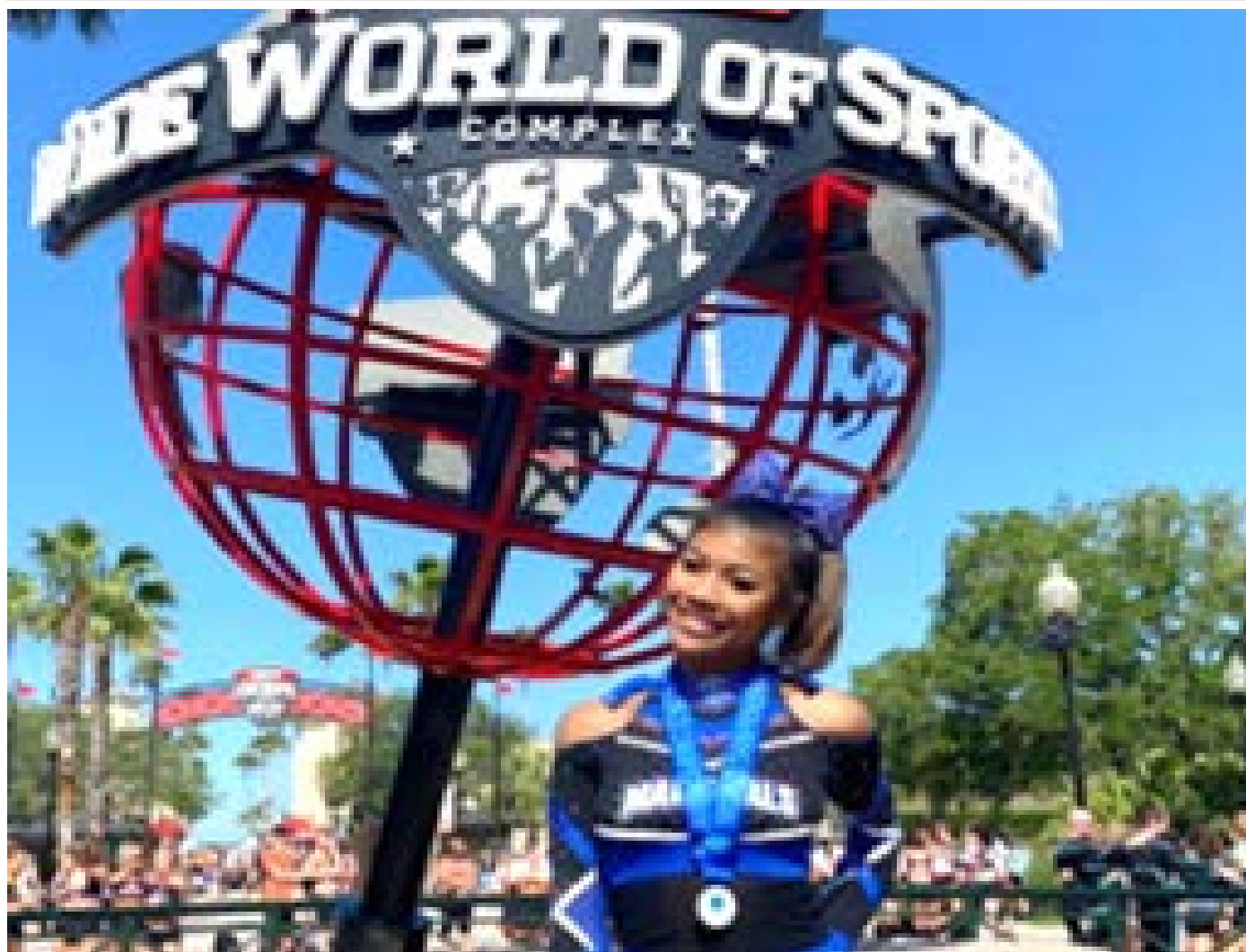


Issue 733 Friday 28th April 2023

Next Week is Week 1

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Twitter: @JRCS_School 



Cheerleading Success in Florida!

HEADTEACHER'S NEWS

Gold Seagull



Congratulations to this week's Gold Seagull winners:

Sophia Year 8,
Emmanuelle Year 9,
Summer Year 11 and
Joel Year 11.

Congratulations to our first Double winner this year:

Mmachi Year 8.

Keeping students safe

Following a serious incident in Mayesbrook Park this week, please talk to your child about the importance of going straight home from school at the end of the day. Students should not hang around in parks or at the local shops in their uniform. Please support us in keeping your child safe.

Homework club

Developing good study habits is so important. In order to be successful and reach their full potential, students will need to learn to work and study at home. We recognise that some young people may need support with homework or do not have a study space at home, so we are running homework clubs each week from 3.00pm on a Tuesday in the ICT labs. Students with low homework scores on their report will have received a letter inviting them to attend homework club; however, all students are welcome! If your child needs support, then please encourage them to attend.

Upcoming dates

Monday 1st May: Bank Holiday. School closed.

Tuesday 2nd May: NEU strike day. School open for Year 11 and selected Year 12 & 13 students only.

Monday 8th May: Extra Bank Holiday for the King's coronation. School closed.

Wednesday 10th May: Year 7 Progress Evening 3.45pm to 6.30pm.

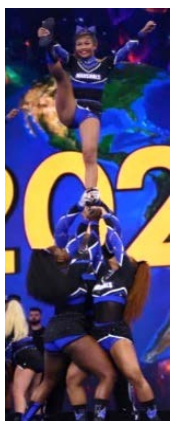
Miss Keane
Headteacher

Pride and Allies Group

Please note that this group will be continuing on Wednesdays after school 1:30pm – 2:00pm in RS1 with Ms Brookman and Ms Belloni. Our thanks go to Ms Harland for the fantastic way she started up the club and has led the activity so enthusiastically in recent years. If you would like to join this club, please see Ms Brookman or Ms Belloni.

Ms Montague
OSHL Co-ordinator

Cheerleading Success in Florida!



During the Easter holidays our very own Year 11 student Yasmine (pictured on the front page) flew out to Florida to compete in the World Championship of Cheer. Competing with her team: Marshals Cheer & Dance Major 6.

She is a 'flyer' who is repeatedly tumbling through the air, always with a beaming smile!



The team placed 11th in the world which is an outstanding achievement.

We are so proud of Yasmine for her fantastic achievements and look forward to hearing more about

her Florida adventures in school.

Yasmine has dreamt of competing in the worlds for cheer since starting her journey at the age of 7.

Well done Yasmine!

Ms Draisey
Head of Year 11

Live touring performance opportunity- 'I love you mum- I promise I won't die' by Mark Wheeler



Before half term the Drama Department organised a live theatre opportunity for GCSE and A level Drama students in relation to their Drama course.

They were also able to open this opportunity up to selected students from Pastoral teams and the PDE department. Students who were invited watched a performance and participated in a prevent workshop which explored the real story of Daniel Spargo Mabbs and his fate. Students shared some great feedback with us, and we are happy to have provided them with this educational experience.

The Drama department would like to thank the students who attended for their respectful behaviour and their parents/carers who supported this event.

Miss Willis
Teacher of Drama

GrandMaster declares "Check-Mate" in Final



After weeks of pawns going on the attack and Knights riding in to protect their King & Queen, it came down to the two final chess players in the JRCS Chess Tournament 2023. Angelos Year 13 against Victor Year 12.

A much-anticipated final was played on Monday 24th April. Those who had played in the tournament had the opportunity to watch the final as it was streamed to a nearby room for spectators – ensuring the quiet for the two finalists to concentrate.



It became clear that both would play strategic and was interesting to see both Kings become protected by a triangular pawn defence. A flurry of quicker pace play saw the number of pieces on the board reduce and a few gasps from the watching room as sacrifices were made to advance attacking tactics.

Gradually it appeared that Angelos started to gain the upper hand, but all was still in the balance as both moved to promote a pawn to a higher rank. Eventually Angelos' strategy and tactics saw Victor lose too many pieces and the end of the game draw closer.

The handshake came as Victor's King had to surrender to Check-Mate.

An enthralling final between two top class Chess players, both of whom played with a high level of skill and sportsmanship.

Overall, a fitting finale to an amazing tournament. The questions have already begun about next year's tournament!

My personal thanks to Ms Osland who has been an immense part of the organising and running of the tournament. Definitely the Queen of the playing area!

Congratulations to all who competed, to those who made it through to later stages. Victor for getting to the final (step further next year?) and obviously to Angelos for being GRANDMASTER 2023.



GrandMaster Finalists 2023:
Angelos Year 13 v Victor-Petru Year 12

GrandMaster JRCS Chess 2023
Angelos Year 13

Miss Campbell & Ms Osland
Tournament Organisers

Those interested in testing their Chess Talents outside of JRCS need to look at the library board where there is information about the

Essex Megafinal qualifying event being held in Colchester May 21st.

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, 17th May 2023. Winner announced in The Seagull but also in the assembly. At the back of The Seagull is this week's problem.

Mrs Morozova
Teacher of Maths

Netball Festival



Adaeze in Year 10 took up the invitation to attend a Netball festival in Redbridge during the Easter holidays to practise her netball skills and participated in a tournament led by Essex Metropolitan County netball players.

The event was promoted to target students in East London who would not normally get the chance to take part in sports events and was organised by London Youth, the Jack Petchey Foundation and [Essex Open Netball Club](#).

"There were 2 different warm-ups / basic skills and drills in the morning session; different passes, different ways to get into space and a fun tournament in the afternoon session that was led by Essex Metropolitan County netball players and qualified netball umpires.

There were 5 teams we won 4 of our games, and my team came 2nd. It was really fun, I played as WD, and I enjoyed it".

Adaeze Year 10

Wellbeing Club



As Spring is upon us it was time for the Wellbeing Club to get out into the sunshine and do some gardening in the wellbeing garden.



For the past few weeks, we have been building play dough figures, mindful colouring and playing 'getting to know you' games to help support positive wellbeing.

This week was somewhat more special as we could get out into the sunshine and plant our beautiful new cherry blossom trees. Fortunately, they have had a few flowers already, we hope to keep them growing in the garden for years to come!

Well done to my Year 7 wellbeing club attendees, we hope to keep growing!

Ms Draisey
Senior Mental Health & Wellbeing Lead



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

Club	Year Group	Staff	Time	Venue
Monday				
Orchestra	7, 8, 9,10 & 11	Mr Jenner	8:15am - 8:50 am	MU1
KS3 Badminton/Table Tennis	7, 8 & 9	Mr Watts	12:30pm – 1:00pm	Sports Hall
KS4 Badminton/Table Tennis	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
Year 9 Dance Club	9	Mr Hazelwood	1:30pm - 2:00pm	DA1
Year 9 Football	9	Mr Cully	3:15pm – 4:15pm	Astro
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	MU1
Drama Club starts 15/5	7, 8, & 9	Ms Willis	12:30pm – 1:00pm	DR2
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
NEW – Art Club	7, 8 & 9	Ms Levene	12:30pm - 1:00pm	AR3
KS3 Rounders	7, 8 & 9	Miss Pridie	3:00pm – 4:00pm	Field
Cricket	All	Mr Howard	3:00pm – 4:00pm	Field
KS3 Rounders	7, 8 & 9	Miss Pridie	3:00pm – 4:00pm	Field
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
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
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 (Girls Only)	Miss Pridie	7:45am – 8:15am	Fitness Suite
Year 10 Band	10	Mr Jenner	8:15am - 8:50am	MU1
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	Ms Brookman and Ms Belloni	1:30pm - 2:00pm	RS1
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 Thomas	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 Volleyball	7, 8 & 9	Miss Jones	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
Athletics	All	All PE Staff	3:05pm – 4:30pm	Field
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
Textiles Club	7, 8 & 9	Miss Mir	3:05pm - 4:05 pm	DT4
Wellbeing Club	All	Ms Draisey	3:00pm – 4:00pm	Conference rm (library)
NEW – Photography Club	9 & 10	Ms Franz	3:10pm – 4:15pm	AR2
Friday				
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 Girls Football	7, 8 & 9	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
Year 11 Football	11	Mr Cully/Mr Bashir	3:15pm - 4:15pm	Astro
GCSE Intervention	11	Miss England	3.00pm - 4.30pm	DA1
Silver DofE	10	Ms Montague	3:00pm – 4:00pm	SD3
NEW - Computing Intervention	10 & 11	Mr Cambell and Miss Hibbert	3:10pm – 4:00pm	IT1

Aspens



Coronation Chicken Pie
Majestic Mash
Regal Salad

Or

Royal Roasted Vegetable Pie
Majestic Mash
King's cook Gravy

Ruby Bromley Apple Pie
Golden Custard
Or
Scones with Jam & Cream

THURSDAY 4th MAY





**Food bring us
together!!!**

Jollof Rice & Jerk Wings

Lasagne & Garlic Bread

**Cabbage & Meat Roll
Homemade Polenta**

Chicken Biryani

Cheese & Spinach Burek

Shepherd's Pie & Gravy

Chicken Shawarma

Cheeseburger & Wedges

Friday 5th May

What Parents & Carers Need to Know about OFCOM'S 'CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES' REPORT 2023

Each year, Ofcom – Britain's regulatory body for communications – produces an overview of children and parents' media experiences across the previous year. The latest version has just been released, and we've pulled out some of the report's most thought-provoking findings which relate to online safety ...

97%

of children had access to the internet at home in 2022

89%

of children played video games

25%

played with people they didn't know

22%

talked to people they didn't know

POPULAR PLATFORMS

Most used by under-18s were ...



YouTube: 88%



WhatsApp: 55%



TikTok: 53%

Snapchat: 46%

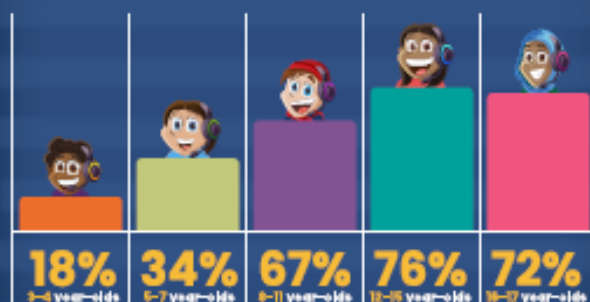


Instagram: 41%

LIVE

PLAYING GAMES ONLINE

Who's playing – and at which age?



TALE OF THE TECH

Devices most often used to go online:



75% of 3-4s use tablets



88% of 5-7s use tablets



70% of 8-11s use tablets



86% of 12-15s use phones



67% of 16-17s use phones

PARENTAL CONCERNS

Parents and carers most commonly worried about their child ...

75%

seeing age-inappropriate content



70%

being cyber-bullied online



70%

seeing pro-self-harm content



65%

giving out personal details to strangers



65%

having their data collected by companies



National Online Safety

#WakeUpWednesday

De*#!

3 in 10

children had experienced someone being nasty or hurtful to them on apps or platforms.

70%

of 12 to 17-year-olds were confident in their ability to identify a fake profiles. But 23% were unable to do so when tested.



£38

children's average monthly spend on video games

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



Fortnightly Puzzle #5



Part 1

There are only two ways to place '+' signs into the sequence 1 2 3 4 5 6 7 8 9 to make it equal 666. Can you find the two ways?

Answer 1

Answer 2



Part 2

However, there is only 1 way to place '+' signs into the sequence 9 8 7 6 5 4 3 2 1 to make it equal 666. How can this be done?

Answer

Name: _____

Year, tutor group and house: _____

Essex Megafinal 2023

A Gigafinal Qualifying Event



Supported by



Sunday 21st May, Colchester Town Hall, CO1 1PJ

An official UK Chess Challenge qualifying Event
for the Gigafinals

Time control

Six rounds of rapid games with 15 minutes for each player and 10 seconds increment for each move.

Eligibility

Open to all juniors born after 31-Aug-2004.

There are five main age sections: U8, U10, U12, U14 and U18. Ages are calculated as of 31-Aug-2022. Please visit the page below for detailed "Age Categories" calculations.

<https://bit.ly/UKCC-2023>

Prizes and Qualification for Gigafinals

The top boy and top girl in each section will receive trophies with medals for second and third-placed boys and girls. These players will qualify for the Gigafinals. Please note that ties for third place will all qualify, but tiebreak rules will be used to determine trophies and medals. All players scoring a minimum of 3.5 points will qualify for the Gigafinal.

The top 3 U7s, U9s and U11s will also qualify automatically (boy and girl) – assuming they haven't done so already using the criteria above.

Registration

Please register on the UKCC website using the link below or Scan this QR code:

<https://bit.ly/Essex-MF-2023>



Venue

The games will take place in the "Moot Hall" on the 2nd floor of the Town Hall.

There will be sitting spaces for parents/guardians in the following rooms of the same building.

1. Community Room (Ground Floor)
2. The Grand Jury / West Committee Room (1st Floor)
3. The North Committee Room (1st Floor)

We encourage one parent/guardian per child at the Town Hall to abide by the fire safety regulations. Colchester Castle and Castle Park are within 100 meters of the venue. If the weather permits, these are lovely outdoor spaces for accompanying family members.

Schedule

Arrival	09:30	Lunch break	13:00
Playing hall meeting	09:45	Round-4	14:00
Round-1	10:00	Round-5	15:00
Round-2	11:00	Round-6	16:00
Round-3	12:00	Prize giving	17:30

Refreshments

All popular food chains are available nearby. We will confirm the on-site arrangements nearer the time.

Travel

1. Car

There is NO onsite parking. The Britannia car park is about 8-10 minutes of walk and costs only £1 on Sundays. A closer alternative is Greyfriars Hotel Car Park by Castle Park, which costs £5 for 12 hours on Sundays. Several other public car parks are within a 10 mins walk from the venue.

Further details on <https://bit.ly/COL-CAR-PARKS>

2. Park and Ride

Details on <https://bit.ly/COL-PnR>

3. Trains

There are two stations in Colchester. The Colchester Town station is only 10 mins walk away. Colchester North station is only 20 mins walk away. Please check <https://www.greateranglia.co.uk/> for the service.

Notes

A professional photographer will take photos which may be published on chess websites or in chess-related articles. If you do not wish your child to be photographed, inform the organisers in the "Requirements" box of the registration form.

Please note that the organisers take no responsibility for looking after the children outside the playing hall. The organisers also cannot take responsibility for any theft or accident during the event.

The organiser reserves the right to change the above on the day if required.

Schools and Colleges Early Support Service

Information regarding Webinars for Parents and Carers May 2023

Dear Parents/Carers,

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

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

We have two **NEW** webinars taking place this term:

Supporting a young person at exam times

Low mood in adolescence

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

Supporting a young person at exam times

Wednesday 3 May 5-6pm AND Thursday 11 May 5-6pm

Venue: Virtual via Zoom

Tests and exams can be a challenging part of school/college life for young people and their parents or carers. Supporting young people through exams is all about reducing stress, optimising wellbeing and putting good study processes in place.

Parents/carers play a vital role in helping their young people maintain a positive outlook in the run-up, during and after exams are over.

This webinar will offer advice around communicating with your young person at exam time, help you to spot the signs of stress and offer you strategies to support your young person in managing exam stress in a healthy way.

Our Patron: **Her Royal Highness The Princess of Wales**

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

Register in advance for this meeting:

Wednesday 3 May:

<https://annafreud.zoom.us/meeting/register/tJcude2vqD0qH9N46vVXKpt2l1Xi6hQeuEQV>

Thursday 11 May:

<https://annafreud.zoom.us/meeting/register/tJYlcuqqrjwvE9fKxqQalRRt5tuk5zqslwM4>

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

Low mood in adolescence

Tuesday 16 May 12:30-1:30pm

Venue: Virtual via Zoom

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed, feeling tired and exhausted a lot of the time. Things that might increase low mood include family difficulties, bullying, bereavement, parental separation, friendship issues. Our webinar will offer some insight into spotting the signs and symptoms of low mood, understand why young people are vulnerable to experiencing this and offer evidence-based strategies to support a young person.

Register in advance for this meeting:

Tuesday 16 May:

<https://annafreud.zoom.us/meeting/register/tJAvd-irqDlvE9laTqNms83Y64Ga9ubPGoAf>

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

Anxiety in adolescence: how can parents help?

Tuesday 9 May 5-6pm AND Monday 15 May 12:15-1:15pm

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 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:

Tuesday 9 May:

<https://annafreud.zoom.us/meeting/register/tJwrdOqspzwrHdYVhrsI6hl3yTK1RWwTo83v>

Our Patron: **Her Royal Highness The Princess of Wales**

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

Monday 15 May:

<https://annafreud.zoom.us/meeting/register/tJ0pfuysqjlvE9LwkJ5rShm3eToPFzzLfk1->

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

Tuesday 2 May 5-6pm

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 2 May:

<https://annafreud.zoom.us/meeting/register/tJEuduqsjrjssGdG-XSDNq39Cf6pUfmxUHXdl>

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

Wednesday 3 May 12:30-1:30pm

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.

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Register in advance for this meeting:

Wednesday 3 May:

<https://annafreud.zoom.us/meeting/register/tJAtd-2hqTojGtANnoD4Pvh1RB81i0II4HKs>

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

Thursday 4 May 5-6pm AND Wednesday 10 May 12:30-1:30pm

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 4 May:

<https://annafreud.zoom.us/meeting/register/tJcqduqgpzkjEt3RR92Qu1Rb1Slf9VXIHenw>

Wednesday 10 May:

https://annafreud.zoom.us/meeting/register/tJAuc-6trDloE9YDK4s_0XzkEFdBriL4r4FK

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

Managing teen behaviour that challenges: tips and tricks

Thursday 11 May 12:30-1:30pm

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.

Our Patron: **Her Royal Highness The Princess of Wales**

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

Register in advance for this meeting:

Thursday 11 May:

https://annafreud.zoom.us/meeting/register/tJ0kd-qupj0oEtdiAtXV_AhisXUG0iQl8KwJ

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

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