

The Seagull



Issue 750 Friday 3rd November 2023

Next is Week 1

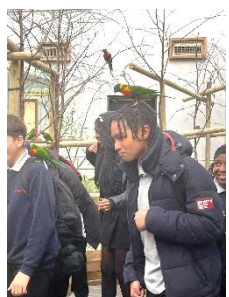
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HEADTEACHER'S NEWS

It was lovely to see all the students back after half term. I hope you all had a restful break and are ready for the final weeks of 2023. We ended the half term with a range of enriching trips which are a vital part of our JRCS journey. We commit to developing cultural capital and offering students a wealth of opportunities. I think the pictures in this edition will show why we place such a focus on this.

ACHIEVE days



ACHIEVE days are one of the highlights students cite when they leave JRCS and it was fantastic to see a full trips programme back in action after the last few years' restrictions. Both student and staff feedback has been wholly positive about their experiences across the two days. Year 7 students enjoyed visits to Mountfitchet Castle and Spymasters as well as sessions run by West Ham Community outreach team. Year 8 students engaged positively with visits to Colchester Zoo and the Tate Modern as shown in the photos in this week's Seagull. We were able to deliver our first overseas trip post-Covid which was valuable for Year 9 students to visit Belgium as part of the History curriculum. Year 9 students also enjoyed an educational visit to the Tower of London and

developed their knowledge around Fairtrade in school in sessions led by DT, Geography and English. The Business team delivered an inspiring Dragons' Den Day to bring out entrepreneurial skills in Year 10 and a Careers Education focus on the second day allowed students to start thinking about their career pathways and education routes post-16. Year 11 focused on preparation for their upcoming formal mock exams and Sixth Form students began preparing for university life completing UCAS applications and engaged in visits around our capital city as part of London Culture Day.





Remembrance Assemblies

On Monday and Tuesday this week we held our remembrance assemblies. I would like to thank the history department for their contributions. Poppies will be on sale over the coming days for those students who wish to wear one. The poppy is a well-known and well-established symbol, one that carries a wealth of history and meaning with it. The red poppy is a symbol of both remembrance and hope for a peaceful future. This is more relevant than ever when considering the current humanitarian crises that are occurring across the world. Please speak to your child's form tutor using the email address they provided you with if you think your child may need any additional support at this time. Ms Draisey will also signpost some support for parents/carers later in this edition.

Sixth Form Open Evening

On Wednesday we welcomed a range of prospective students from across the Local Authority who have showed an interest in our successful Sixth Form provision. Every department was available to speak to the students and provide them with an insight into post-16 education. There was also a very informative talk delivered by Ms Campbell in the well equipped common room. Please remember applications are now open on our website for September 2024. Places are filling up quickly, so make sure you don't miss the deadline of 19th January 2024.

Future planning

Year 10 students attended a workshop at KPMG on Monday. This was a widening doors scheme that promoted careers in professional services.

A range of Year 9 students had a brilliant day on Thursday at West Ham Stadium. This looked at their future plans around STEM (Science, Technology, Engineering and Maths) and helped students to meet their Gatsby benchmark. More opportunities will be provided over the coming months to meet employers and find out about career pathways. In addition, work has started on the options process. More details will be provided in future editions - watch this space.

RPC mentoring scheme

Finally, a reminder for Year 10 students. The deadline for applications for the very prestigious

RPC mentoring scheme close on Friday 10th November. We have worked with RPC for many years, and we would like to thank both them and James Wickes for their continued support.

Ms Keane
Headteacher

Outstanding Autumn ACHIEVE Day Payments

If you have not yet made payment for the October ACHIEVE days, please do so as soon as possible. You will need to do this via MCAS, on the left hand menu you will need to select Trips & consents, under available trips there will be an ACHIEVE day late payer option. If you require a barcode to pay at a Paypoint, please contact the school office – office@jorichardson.org.uk

Many thanks.

Mrs Garland
Assistant Office Manager

Wellbeing Club

During wellbeing club last term, we explored the factors that might impact on our wellbeing as a follow up to World Mental Health Day on 10th October. During the session we discussed sleep hygiene, how 'full our engine was' and unique things about us. Pictured here is Sukhram, Grayson and Gracie demonstrating their lovely work!



Wellbeing club is a safe space for all students to join, we meet in the library each week and complete a range of activities. Sometimes this might be discussions, play dough creating, art or games! We are always welcoming to new joiners, and you are free to come and go as you please.

A huge well done to those attending every week, it is a pleasure to destress from my week with you.

Ms Draisey
Senior Mental Health and Wellbeing Lead

DofE Bronze training weekend



Well done to the Year 10 who attended the DofE trip before half term. We showed great resilience given the wet, windy and cold weather since the

temperature drop. The students showed great enthusiasm putting up their tents and cooking their meals and continued to stay positive throughout making JRCS proud.

The campsite even congratulated the students on how great they were! For some of our students it was the first time that they had been away from home, but they dealt well with having to be responsible for themselves.

On the Saturday the rain had cleared, we had birthday cake before they set off on their walk as well as a hearty breakfast) and although it was slightly chilly, the sun was out all day and in groups of 5 with some slight help from their teachers, they found their way back to the campsite in record time!

Regarding the trip, some of the students have said:

"My trip was very good as I enjoyed exploring new life skills."

"Although there were limited food options, I enjoyed working with others."

"I cherished the moments where we all worked together and cooked good food."

Miss Lea, Mr Wright, Ms Brookman, Ms Dormer and Ms Matin were all incredibly pleased with the progress that the students had made this weekend, gaining memories that they will take with them into adulthood. Well done!



Miss Lea
SEN Teacher



Year 10 ACHIEVE Day

Year 10 took part in a Dragons' Den style enterprise activity on their ACHIEVE days before half term. The students had to work together to pitch a unique business idea to the Dragons in order to be crowned the winning team of each day. Pictured below are the winners from Wednesday's competition called AWT Coats who came up with an innovatively designed product, worked perfectly as a team all day and gave a strong business pitch. The team were Kavya, Vanessa, Aaron, Adonai, Albert, Archie, Bobby and Charlie.



A special mention should go out to Ryan (pictured on the right) for his wonderful and enthusiastic demonstration of his team's 'Tech mattress'.



Other firm favourites on the day included 'Becky the Bin' and 'Ultimate Bar.'

The winners of Thursday's session were 'Hydrogen' a team who were passionate about the environment and creating a green alternative method to power cars.

Congratulations to Luke, Opemipo, Petrut, Rachel, Sara, Sibghatullah and Frankie.

I would also like to give a special mention to Marcel and Anacleto who both delivered excellent presentations for their teams. The students learned how to work in teams, as well as the role of leadership. They also had the chance to develop resilience and were challenged to push themselves out of their comfort zone in order to ACHIEVE.

Well done to all who got involved and a huge thank you to Miss Gendoo, Miss Henry and Miss St Hill Duhaney, aka Team Business, who worked hard to make this event happen.

Miss Wright
Head of Business and Economics

Mental Health Training for parents/carers



Dear JRCS parents/carers,
I am excited to share an opportunity for parents/carers to come into school and be trained as Youth Mental Health Champions.

This training is being run by an external company and it is an accredited course by Mental Health England. I will be writing to all parents on Monday morning next week to explain more about what we are doing for Mental Health and Wellbeing here, but I wanted to take this opportunity to inform you that this training is coming up in November.

Please look out for my letter via MCAS on Monday morning with details on how to sign up.

Ms Draisey
Senior Mental Health and Wellbeing Lead

Under 16 Netball Team



The Under 16 netball team travelled to Riverside on Friday 13th October to face one of our closest rivals in a borough league

fixture. This was the first competitive game of the season for the Year 11s and the girls have worked hard in training to improve their passing and keeping possession of the ball.

We conceded a few early goals which made it difficult to equalise. However, the girls remained resilient and by the final quarter we had become more confident, scoring a late flurry of goals. Unfortunately, it was not enough to win the fixture; however, we will meet them again in the borough rally!

Miss Boulton
Assistant Headteacher

U13s Girls football team

Congratulations to the under 13s girls football team who beat Greatfields 5-3 at the end of last half term. Goals from Charlotte, Kornelija and Bella in Year 8 and Jaydee in Year 7.

Player of the Match goes to Nevaeh in Year 7 for her fantastic performance as centre back. The U13s will play Barking Abbey after October half term.

Miss Pridie
Second in PE

Weekly Outline of Out of School Hours Learning Activities 2023-2024				
Club	Year Group	Staff	Time	Venue
Monday				
Breakfast	All	HIL3	7.45am-8.15am	FC4
Netball	8 & 9	BEV1	12.30pm-1.00pm	Sports Hall
Table Tennis	10 & 11	SEN1	1.30pm-2.00pm	Sports Hall
Shrek Acting	All	BRY, HAL4, WIL3, MAR3	13.30pm-14.00pm	DR1
Netball Year	7	BEV1	1.30pm-2.00pm	Sports Hall
Textiles Club	7,8,9 & 10	MIR2	4.05pm-5.05pm	DT6
Indoor Athletics	7,8 & 9	BEV1	4.00pm-4.30pm	Sports Hall
Tuesday				
Girls only Fitness	7,8,9,10 & 11	PRI1	7.45am-8.00am	Fitness Suite
Breakfast	All	HIL3	7.45am-8.15am	FC4
Rugby	7 & 8	KER	7.45am-8.15am	Field/Sports Hall
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Orchestra	All	KJ	8.20am-8.55am	MU1
Vocal Group	All	MH	8.20am-8.55am	PR11
Yr10 Band	10	JM	8.20am-8.55am	MU2
Yr11 Band	11	JM	8.20am-8.55am	MU2
Wind band	All	LE	8.20am-8.55am	PR13
Handball	7,8 & 10	BEV1	12.30pm-1.00pm	Sports Hall
Christian Lunch	All	TIZ	1.30pm-1.55pm	SC14
Sports Leaders	10	SEN1	1.30pm-2.00pm	Sports Hall/ PE1
Jazz Band	All	JM	13.30pm-13.55pm	MU2
Shrek Acting	All	BRY, HAL4, WIL3, MAR3,	13.30pm-14.00pm	DR1
Netball KS3	7,8 & 9	BEV1 & PRI1	3.00pm-4.00pm	Ball Courts
Football	7	HWD	3.00pm-4.00pm	Astro
Football	9	SEN1	3.00pm-4.00pm	Astro
DofE	10	LEA2	3.05pm-4.15pm	SD3
KS3 Dance Company	7,8 & 9	ENG & guest teachers	3.15pm-4.15pm	DA1
DT	KS3	MCK2	3.05pm-4.05pm WK1 only	DT3
Food Club	KS3	DAM2	3.05pm-4.05pm WK1 only	FC1
Spanish Club	KS3	FER3/DAM2	3.05pm - 4.00pm	MFL3/FC1
Wellbeing Club	All	DRA & RIC	3.15pm-4.00pm	Meet at the library
Wednesday				
Yoga	All	ENG	7.45am-8.00am	DA1
Basketball KS3	7,8 & 9	BEV1	7.45am-8.15am	Sports Hall
Football	9 & 10	CUL2	7.45am-8.30am	Astro
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Breakfast	All	HIL3	7.45am-8.15am	FC4
Indoor Cricket	10 & 11	HWD	1.30pm-2.00pm	Sports Hall
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	13.30pm-14.00pm	DR1
Prideand allies	All	BRO3	1.30pm-14.00pm	
Debate Club	7,8 & 9	SAI3	1.30pm-2.00pm	PDE2
Thursday				
Fitness	7,8,9,10 & 11	SEN1	7.45am-8.15am	Fitness Suite
Breakfast	All	HIL3	7.45am-8.15am	FC4
Rugby	7 & 8	KER	7.45am-8.15am	Field/Sports Hall
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Orchestra	All	KEN	8.15am - 8.50am	MU1
Vocal Group	All	HAR	8.15am - 8.50am	PR11
Wind Band	All	ELL	8.15am - 8.50am	PR12
Yr 11 Band	11	MAT3	8.15am - 8.50am	MU2
Yr10 Band	10	MAT3	8.15 am- 8.50am	MU2
Maths Puzzle Club	7,8 & 9		12.30pm-1.00pm	Maths Atrium
Futsal	8 & 9	SEN1	12.30pm-1.00pm	Sports Hall
Jazz Band	All	MAT3	13.30pm-13.55pm	MU2
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	13.30pm-14.00pm	DR1
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	15.10pm-16.10pm	DR1
Animation	8	FRA, HAS, LEV	3.10pm-4.10pm	AR2
Girls football	7,8 & 9	PRI1	3.00pm-4.00pm	Astro
Football	10	CUL2	3.00pm-4.00pm	Astro
Football	8	SEN1	3.00pm-4.00pm	Astro
Netball	10 & 11	BOU1	3.00pm-4.00pm	Sports Hall
Science	KS3	TAS2/HOQ1/IBQ1/AGY/TIZ	3.05pm-3.45pm	SC7
Textiles Club	KS3	MIR	Week 1 only 3.00pm-4.00pm	DT6
Electronics	KS3	MIR	Week 1 only 3.00pm-4.00pm	DT3
Cooking	KS3	MIR	Week 1 only 3.00pm-4.00pm	FC1
Mock Trial competition	KS3	MCM2/ MAM1	3.00pm-4.00pm	PDE1
Friday				
Football	9 & 10	BAS1	7.45am-8.30am	Astro
Breakfast	All	HIL3	7.45am-8.15am	FC4
Basketball	10 & 11	HWD	7.45am-8.15am	Sports Hall
Dance Choreography	8 & 9	HAZ&ENG	12.30pm-1.00pm	DA1
Table Tennis	8 & 9	PRI1	12.30pm-1.00pm	Sports Hall
Dance Performance	7	HAZ&ENG	1.30pm-2.00pm	DA1
Shrek Acting	All	BRY, HAL4, WIL3, MAR3, BRC	1.30pm-2.00pm	DR1
UKMT Challenge	KS3	MOR12	3.00pm-4.00pm	Maths Atrium

What Parents & Carers Need to Know about



AGE RESTRICTION
13+

WHAT ARE THE RISKS?

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

CENSORSHIP

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who promote denial and hatred.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification: certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.

BLUE TICK SALE

Advice for Parents & Carers

PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow: this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

Shyl Coombe is Editor in Chief of gaming and esports site [4mat.gg](https://www.4mat.gg) and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including [BBC](https://www.bbc.com) and [TechRadar](https://www.techradar.com).



National Online Safety

#WakeUpWednesday



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Schools and Colleges Early Support Service Webinars for Young People

Information for parents and carers



Dear parents and carers,

We would like to share with you a webinar series specially tailored for young people.

The topics have been chosen to reflect common difficulties young people may experience. These webinars provide useful advice for young people to support them in looking after their own mental health.

Young people can register to view these webinars using the links below. Once registered, these webinars can be viewed more than once and at any time, for up to 30 days.

The webinars cover the following topics:

How to manage low mood

We all experience low mood in different ways. It can not only impact upon how we feel but it can also affect how we live our lives day to day, including our relationships, eating and sleeping patterns, concentration and school/college work. It can lead to feelings of hopelessness and stop us from enjoying the things we normally would. This webinar will help your young people to understand what low mood is, help them to spot the signs of low mood and support them to look after themselves by using self-care strategies.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: 8u*8j+NI

How to manage anxiety

Anxiety is a normal part of life and can affect anyone. A bit of anxiety from time to time is normal, it can help with motivation at school/college, sport or work. However, if anxious feelings don't go away, they can interfere with our ability to concentrate, socialise with friends and generally enjoy life. This webinar will help your young people to recognise the signs of anxiety and understand how anxiety impacts on their thoughts, feelings and behaviours. The webinar will also support them to reduce and manage anxious feelings by using self-care strategies.

**Schools and Colleges
Early Support Service**

A partnership of



Anna Freud



Click [here](#) to register to watch.

Passcode to watch webinar on demand: CWuA+2#2

How to manage peer pressure

Peer pressure means feeling like you have to do something because people around you want you to or expect you to. We know this is common in adolescence. The Schools and Colleges Early Support Service's Young Person's Panel has co-produced a webinar to support other young people around peer pressure. Delivered by the SCESS team, this exciting new webinar supports young people to understand peer pressure and recognise situations where they might experience this. Ways in which peer pressure affects young people are explored along with helpful strategies to manage this.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: .9H^J\$#k

How to manage exam stress

Stress levels can be higher than usual around exam time. A bit of stress can help us to stay motivated but too much can be unhelpful. This webinar will help your young people to find the best ways to manage their stress levels and stay calm before, during and after their exams.

Click [here](#) to register to watch.

Passcode to watch webinar on demand: N7dqw!=C

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Low mood in adolescence

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Anna Freud



This webinar offers insight into spotting the signs and symptoms of low mood, understanding why young people are vulnerable to experiencing this and offering evidence-based strategies to supporting a young person.



Monday 20 November
12:15-13:15



[Click here](#) to
register

Anxiety in adolescence: how can parents help?

Schools and Colleges
Early Support Service

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Anna Freud



This webinar looks at when anxiety is normal vs. problematic, common anxieties during adolescence, 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.



Thursday 23 November
12:00-13:00



[Click here](#) to
register

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

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Anna Freud



This webinar provides an overview of the risk factors and methods of self-harm. It explores the various reasons why young people may self-harm and offers ideas on how parents can talk to and support their young people. It will discuss instances of self-harmful behaviour that may require professional support.



Tuesday 7 November
17:00-18:15



[Click here](#) to
register

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

Schools and Colleges
Early Support Service

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Anna Freud



This webinar provides 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 offers ideas of how to support teenager and what is best to avoid. We discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support.



Tuesday 21 November
12:30-13:30



[Click here](#) to
register

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

Schools and Colleges
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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.



Monday 13 November
17:00-18:00



[Click here](#) to
register

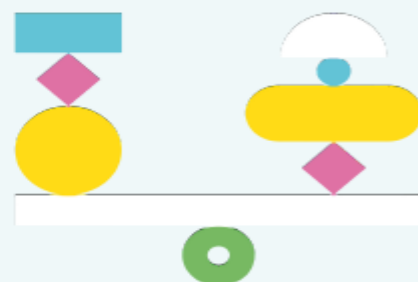
Managing teen behaviour that challenges: tips and tricks

Schools and Colleges
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This webinar provides an overview of adolescent development and the brain, including common challenging behaviours during adolescence. It will discuss different parenting styles and offers tips for parents and carers on how to approach and discuss challenging behaviour with teens, and how to set boundaries.

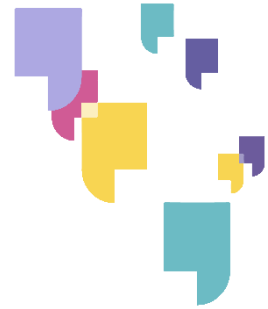


Tuesday 14 November
12:30-13:30



[Click here](#) to
register

Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

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

The 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:

- Low mood in adolescence
- 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. After registering, you will receive a confirmation email containing information about joining the meeting.

Low mood in adolescence

Monday 20 November 12:15-13:15

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.

[Click here](#) to register.

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Anxiety in adolescence: how can parents and carers help?

Thursday 23 November 12:00-13:00

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.

[Click here](#) to register.

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

Tuesday 7 November 17:00-18:15

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.

[Click here](#) to register.

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

Tuesday 21 November 12:30-13:30

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.

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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.

[Click here](#) to register.

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

Monday 13 November 17:00-18:00

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.

[Click here](#) to register.

Managing teen behaviour that challenges: tips and tricks

Tuesday 14 November 12:30-13:30

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.

[Click here](#) to register.

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Parent and carer webinars: on-demand

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Low mood in adolescence

This 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.



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How to support your young person when they get their exam results

This webinar will explore ways in which you can support your young person with feelings of anxiety around results day. We will offer top tips from our Young Champions and healthy strategies that you can use to support both yours and your young person's mental wellbeing.

Transition to secondary school: supporting your year 7 child with the ending and new beginning

This webinar will explore ways that you can support your child during this period of change. Top tips will be shared to help you to consider challenges and opportunities that may arise during transition, spotting when your child may be struggling, strategies to help you to support your child and exploring your own wellbeing. Resources will be shared on how you/they might seek further support if needed.



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How to support your young person with anxiety

This webinar explores 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.

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