

The Seagull



Issue 751 Friday 10th November 2023

Next is Week 2

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

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

HEADTEACHER'S NEWS

Uniform

We want our students to be proud of the school and their uniform. We have designed the uniform to be comfortable to wear but also to ensure students look smart. Dressing appropriately for school is important in teaching students about how they will need to dress in many workplaces or on formal occasions.

Can I remind parents that students should have knee length skirts and that trousers should fit students and be worn around the waist. We have a minority of students who have taken to wearing low rise trousers with shorts underneath. Please ensure your child is wearing their trousers appropriately. We should not be able to see their shorts or underwear and they should be able to walk normally when wearing their trousers!

As the weather is starting to turn chilly and wet, please ensure your child has a waterproof coat and school jumper. Hoodies and tracksuit tops are not allowed in school.

Year 11 progress evening

Year 11 progress evening will be held on **Wednesday 15th November from 3.45 to 6.30pm**. This is an important event that will inform parents and students about how Year 11 students can best prepare for their important mock exams that are approaching

Ms Keane
Headteacher

Year 11 Progress Evening

We would like to remind you about our first Year 11 Progress Evening on Wednesday 15th November 2023, 3:45-6:30pm. This is an

invaluable opportunity to discuss your child's progress so far, their performance in the recent core mock exams and the next steps are as they approach their GCSE exams in the summer. This will also be an important opportunity to discuss with all your child's subject teachers how they can best prepare for their upcoming December mock exams.

We have seen the power that students coming with their parent/carer to these evenings can have and therefore, students will only be permitted entry if they arrive with a parent/guardian. We are committed to success for every single one of our Year 11 students in their GCSEs and look forward to working with you on this common goal.

Kind regards,

Ms Boulton, Ms Draisey & Ms Muhudin
The Year 11 Team

Year 7 Anti Bullying Performances

Year 7 are invited to watch a collection of anti-bullying performances devised by Year 10. These performances will take place in Boothroyd Hall at break and lunch times w/c 14th - 16th November 2023. We are asking Year 7 to contribute 50p to come and watch, and all monies raised will be donated to Anti-bullying alliance.

Miss Willis
Teacher of Drama

Staff Mental Health Champion Training

During our staff training day before we broke up for the October half term, eleven members of our school staff were trained as Youth Mental Health Champions (Accredited by Mental Health England).

The day was led by Suus-anna Harskamp who is the co-founder of Ossigeno, which is an organisation passionate about driving improvement in wellbeing provision in schools. Below, you can see the training in full swing:



The training is usually expensive, but we are fortunate that Ossigeno are receiving funding from Joe's Buddy Line, you will see Joe's parents are pictured below with a wonderful array of resources they have left for us as a school community.



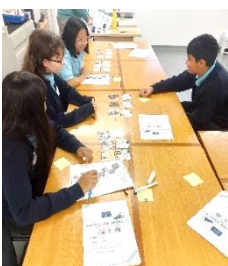
Joe Lyons was a radio producer for Capital FM, a peer of Roman Kemp; unfortunately he struggled with his mental health in silence and took his own life. His parents have dedicated their time now to ensuring that this tragedy won't happen to other families.

Suus-anna is returning to JRCS in November to deliver the Mental Health 1st Aid training to more of our staff alongside delivering the MH Champion course to parents.

We look forward to sharing more of this great work with you soon!

Ms Draisey
Senior Mental Health & Wellbeing Lead

Anne Frank Society



The Religious Studies department have had the privilege of working with the Anne Frank Trust this week.

Sixteen of our GCSE Year 10 RS students have been taking part in a two day

workshop learning about the life of Anne Frank and reflecting on how she felt and what we can learn from this and use in today's society.

They have explored all areas of prejudice and discrimination in our world today and have worked on presentations to take back to their lessons and show their peers.

Mrs Wing
Religious Studies Teacher

Year 13 Frantic Assembly's performance of Metamorphosis



The Drama department took Year 13 to watch Frantic Assembly's Performance of Metamorphosis at The Mercury Theatre in Colchester.

We were joined by a small group of Year 11 students as part of a Reward Trip for working exceptionally hard in class. The trip was a huge success, and it was fantastic to hear all of their critique on the journey home.

Well done!

The Drama Department

U16 Basketball



The U16 Basketball team had their first ever fixture in a friendly against Greatfields on Friday 3rd November. Whilst some of the students play for clubs outside of school, they have had limited opportunity to practise as a squad and it took some time to find momentum in the first quarter.

Accuracy of passing and shooting improved significantly in the second quarter and we went ahead 16-15 at half time after two excellent 3

pointers were scored by Emmanuel. The boys fought hard to stay in the game but were unfortunately beaten in the end by a well drilled Greatfields side.

We look forward to the rematch in January and hope students take the opportunity to train for basketball on Wednesdays and Fridays with the RDF foundation in the sports hall.

Miss Boulton
Assistant Headteacher

Student Voice 2023 - Announced!

Congratulations to the following students who were voted in by their peers for this year's Student Voice. I can't wait to see where your fantastic ideas take our action groups. We meet for our Winter Summit next Tuesday 14th November where students will meet their teams and get the ball rolling on ideas and implementing change in and around school life!

RACE & SOCIAL JUSTICE

Victory 8C
Sienna 9E
Tegan 9H
Neveah 7C
Semiah 9B
Jasmine 9B
Testimony 7J
Gabrielle 10I
Nkem 10C
Rachel 9I

SOCIAL ACTION

Lateefa 8B
Tanzir 7B
Emmanuelle 10C
Sallyann 10F
Goodness 10F
Tamara 8F
Lugman 8H
Rea 8E
Ria 9F
Akanksha 9I

ENVIRONMENT

Ameena 7C

Emanuella 7E

Olivia 7C

Oakley 8E

Nusrat 8H

Victoria 8J

Hana 8E

Usra 8H

Emile 8J

Fatima 10D

WELLBEING

Alisha 7B

Adrian 10F

Nevan 10H

Amelia 8D

Frankie 8E

Monachi 9F

Sabrina 9I

Ari 7A

Vanessa 10I

Aleena 9F

FUNDRAISING, PRESS & PUBLICITY

Ayokunmi 7D

Valentina 10F

Sienna 10E

Joseph 10B

Elois 10B

Alexia 9I

Gloria 9I

Lexie 8I

Shalom 8H

Hella 8G

PRIDE & ALLIES

Bobby 7E
Jessica 7C
Erica 8C
Zac 8c
Georgia 8C

SIXTH FORM PREFECTS

Social Action	Environment	Wellbeing	R&D	FPP
Elvita Miniauskaitė	Katelyn Lewis-Ward	Joel Agyemang	Nonjola Olayiwola	Simi Najekodunmi
			Michael Lawal	Anastasia Dizoko

Well done for your outstanding campaigns!

Miss Hallas
Student Aspirations Co-ordinator

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

Shrek Rehearsal Schedule

Week Commencing: 13th November 2023

	Monday BRY2 (7.45-8.15)		Tuesday ENG (08.00 – 08.55)		Wednesday JEN (08.00 – 08.55)		Thursday JEN (08.00 – 08.55)		Friday
Before School	Dragon Donkey Knights	Dragon Improv	Advance Dancers & Dragon	Donkey Pot Pie	Dragon	Donkey Pot Pie & Forever Reprise	Shrek Donkey Fiona	Who I'd be	NO REHEARSAL
		DR1		DA1			MU1	MU1	
		Thursday HAL4 (08.00 – 08.55)							
		Principle Fairy Tale Characters		SOML DR3					

	Monday HAL4 (11.00-11.25)		Tuesday		Wednesday WIL3 (11.00-11.30)		Thursday	Friday
Lunch	NO REHEARSAL		NO REHEARSAL		Donkey Shrek Fiona	Act 2, Scene 1 Dialogue DR3	NO REHEARSAL	NO REHEARSAL

	Monday HAL4/WIL3/BRY2 (16.05-17:00)		Tuesday JEN (15.05 – 16.00)		Wednesday (Teacher)	Thursday All Staff (15.05 – 16.00)		Friday BRC (15.05-16:00)	
After School	ALL ENSEMBLE	Story of My Life/Duloc	ALL ENSEMBLE	SOML Duloc Farquaad is on his way MU1	NO REHEARSAL	Whole Cast	ACT 1	Fiona Pied Piper Bluebird	Morning Person
		Boothroyd Hall/DR3		Tuesday ENG (15.05 – 16.00) Advance Dancers Donkey Pot Pie DA1			Boothroyd Hall		DR3

This Anti-Bullying Week,
let's make a noise about bullying.

MAKE A

NOISE

ABOUT

BULLYING

**Monday 13th to
Friday 17th November**

#AntiBullyingWeek

#MakeANoise



Anti-Bullying Week – Theatre in Education Performances

As part of our Year 10 Drama students' devising mock exam, they have created educational performances for a Year 7 audience around the theme 'Speak Out'.

During the week of the 13th-17th of November at breaks and lunchtimes, they will be performing their pieces in Boothroyd Hall.

50p per ticket – pay at the door

All proceeds go to 'The Anti-Bullying Alliance'

Date	Break 11-11:30am	Lunch 1:30-2pm
Monday 13 th November		Group 1 HAL4 Group 2 HAL4
Tuesday 14 th November	Group 3 WIL3 Group 4 WIL3	Group 5 HAL4 Group 6 HAL4
Wednesday 15 th November	Group 7 WIL3 Group 8 WIL3	
Thursday 16 th November	Group 9 WIL3	
Friday 17 th November		

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

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



Sources of Information and Support

Your GP
 Young Minds <https://youngminds.org.uk/>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.theminds.org.uk/mental-health>

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.

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

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

**Schools and Colleges
Early Support Service**

A partnership of



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

**Schools and Colleges
Early Support Service**

A partnership of



Anna Freud



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

Schools and Colleges
Early Support Service

A partnership of



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

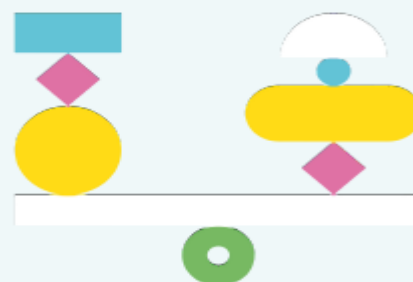
Managing teen behaviour that challenges: tips and tricks

Schools and Colleges
Early Support Service

A partnership of



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

Low mood in adolescence

Schools and Colleges
Early Support Service

A partnership of



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

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

Schools and Colleges
Early Support Service

A partnership of



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

Anxiety in adolescence: how can parents help?

Schools and Colleges
Early Support Service

A partnership of



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.

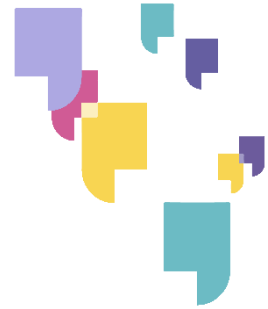


Thursday 23 November
12:00-13:00



[Click here](#) to
register

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.

**Schools and Colleges
Early Support Service**

A partnership of



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.

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.

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.

**Schools and Colleges
Early Support Service**

A partnership of



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.

**Schools and Colleges
Early Support Service**

A partnership of



Parent and carer webinars: on-demand

Schools and Colleges
Early Support Service

A partnership of



Anna Freud



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.



Passcode:
5FMJ\$.5Q



Passcode:
c+P7K=%3

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.



Passcode:
^#81sxNP



Passcode:
C0Y4bVF@

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.

Schools and Colleges
Early Support Service

A partnership of



Anna Freud



Mind