

The Seagull



Issue 759 Friday 26th January 2024

Next Week is Week 1

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Year 12 First Give Winners

HEADTEACHER'S NEWS

Gold Seagull Winners

Congratulations to this week's Gold Seagull winners:



Teodora and Chloe in Year 7.

Can I also congratulate Mikey who was the very first winner of our new Sixth Form Diamond Award.

Congratulations to our First Give winners for their work on raising awareness for their

chosen charity Bloody Good Period. All our finalists did an amazing job with their chosen charities raising funds and awareness through the campaigns they ran last year. This is just one of the ways our students engage with their local community.

We held an amazing careers event in the hall last week for all year groups. Employers such as BBC, London Ambulance, Met/Essex Police, KPMG, ACCA, DWP, HSBC, Clifford Chance Solicitor, Essex University, Financial Markets Banking, TFL, STEM Engineering, UCCL, Greenwich University, Derby University, Civil Service, Brunel University, Online Oils, New City College, Amazing Apprenticeships and Tim the Founder of Burrito Kitchen were present. I hope students found the event engaging and informative. Particularly our Year 9 students who are in the process of choosing their options.

It was good to welcome so many students and their parents/carers to the options evening on Wednesday where students had the opportunity to find out about the wide variety of KS4 course

we offer. Students will choose their options at the end of Year 9 parents/carers evening on Wednesday 14th February.

Ms Keane
Headteacher

GCSE History Paper 1 mock

On Wednesday 7th February at 1.45pm Year 10 GCSE students will be sitting their first full mock exam. This will cover Paper 1: Medicine in Britain and the Western Front. The exam is 1 hour 15 minutes long and will finish at 3.00pm. Students are expected to attend the exam and need to make their way to Boothroyd Hall after their period 4 lesson.

Mr Hinchliffe
Head of History

Class of 2023

As your child has started the next stage of their education, we hope that they have made a really positive start, and they are enjoying their new courses; whether they decided to stay at Jo Richardson or go to a new college or Sixth Form.

We would like to invite your son/daughter to collect their GCSE certificates on Monday 29th January 2024 between 5.00pm - 5:30pm in the Castle Green foyer.

Please be aware that students only receive one copy of their original certificates, so we can only release these to the student themselves on this evening. If your son/daughter cannot make this, please let them know they need to come to the school office at a later date to collect these in person; we cannot send them by post due to the importance of these.

Furthermore, there are still a few students who have not yet collected their yearbook and thus, they can collect it during this time.

We look forward to seeing your child then.

Ms Draisey
Head of Year 11 – Class of 2023

Careers Fair



Our in-person careers fair attracted thirty exhibitors such as The London Ambulance Service, Essex and Met Police, BBC, KMPG and UCL.

The aim of the careers fair was to help students network. This event was ideal for those who are unsure of their next step, wanting to find out about careers or wanting to find out about a particular industry.



Each exhibitor had their own stall where students had the opportunity to meet with current employees and representatives to discover vacancies, know which qualifications would

be useful for their chosen pathway and what skills are useful.

Every year group had the opportunity to ask questions and find out more about their options such as apprenticeships, vacancies and graduate programmes.



Ms Vincent
Careers and Pathways Coordinator

Shrek the Musical-TICKETS ON SALE NOW!

Tickets for Shrek the Musical will be on sale every break and lunch on Buck Bridge starting from Wednesday 17th January. Seats can be chosen at purchase, so be quick before we sell out.

If you have any further questions about the show, pop down to the Drama department and see a member of staff.

We can't wait to see you all there!

Drama Department

London Zoo Trip, Psychology



On Monday, Year 13 Psychology students went on a trip to the ZSL London Zoo. We had an amazing time, learning about animal intelligence and how it links to

psychological terms that students have been

learning about as part of their course, for example, classical and operant conditioning; with Dane (acting as a Gorilla) being conditioned to change his behaviour to earn bananas!

Students were given the opportunity to carry out their own observations using iPads on an animal of their choice and found some really interesting results. One group even conducted their observation on the four-day old baby gorilla that had been born the Thursday prior - it was lovely to see Mummy Gorilla cuddled up to her baby and showing him/her off to us - certainly an experience none of us will forget!



Mrs T House
Teacher of Psychology & Social Studies

EuroVoice Trip Friday 19th January:



Congratulations to Nathan, Sabina, Sallyann, Valentina, Melisa, Ehizojie, Tamara and Alexia

for being selected and taking part in the EuroVoice Workshop and Q&A session.

The European Youth Parliament UK (EYPUK) is a political, youth led organisation that has a mission to inspire and empower young people to be open minded, tolerant, and active citizens.



This workshop allowed these students to discuss/ debate with five other schools on topical issues such as passivism in the media, social class and mobility, vaping, and racial discrimination; this was achieved with confidence and dealt with these topics

maturely and sensitively, too.

Well done.

Miss McMillan
Teacher of PDE

“White Queen to F7... Check?”



JRCS Grand-Master Chess Tournament has been in full strategy this week. The last couple of the opening rounds were played on Tuesday and the first of the last-sixteen games opened up on Wednesday.

By the time you read this all the last-sixteen games will have been finished and barring any stalemates the tournament is set up nicely for the Quarter-Final games next week.

As the tournament progresses into the later stages, so has the level of concentration and skill required from the players. One slip in concentration can put their King at serious risk or stretch their strategic powers to its limit to get themselves out of the predicament and in the commanding position to Check-Mate their opponent.

Our longest game so far of the tournament has taken over an hour!

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

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

Miss Campbell
Tournament Organiser



Project Proposal Judging – Mark Evison Foundation

We were delighted to welcome Margaret Evison

to school this week from Mark Evison Foundation. Margaret set up the foundation in memory of her son Mark to provide small grants to students who wish to create, plan, and experience a challenging project of their interest.

We have worked with the Foundation for over thirteen years and had some amazing previous student projects. We have had a Primary school session delivery about Powerful Women, a poetry book published, a scaled architectural building created a trek along the south downs to name a few.

This year's cohort has really upped the level of their challenge and we will hopefully see our first international project. We had six groups go to the final judging meeting, more than any previous year.

Of those four of the groups have been given the go-ahead – so watch out for information about a Cultural Fashion Show, A mountainous trek in the Lake District, A new computer game and a Bike Ride from London Eye to Eiffel Tower. The other two projects have got a yes in principle but need to update some of their proposals to get the solid yes – Climbing Ben Nevis and designing & building a radio-controlled car.

A lot of the project will probably take place in July but updates on progress will be shown in The Seagull.

Margaret commented on how good the proposals were and what a delightful, passionate bunch of students she had the pleasure of meeting.

Congratulations to all those that are now Mark Evison Award holders (and will be!). Keep an eye out for future Seagull Articles detailing their progression.

Miss Campbell
Deputy Director of Sixth Form

Year 12 First Give FINAL



As written about in last week's Seagull, Year 12 have been working as Tutor Groups on a project to develop and

present a presentation on behalf of a charity. They have been creating social actions to raise awareness of both the charity and its cause.

On Monday 22nd January a group from each Form presented to Year 12 and a panel of judges their completed project. The panel of judges comprised of the Young Mayor of Barking & Dagenham, a Senior Social Outreach Worker, Ms Keane (our very own Headteacher), Mikey & Anastasia from Year 13 who had both been part of First Give last year – Mikey being part of the winning group for 2023. Sophie, from First Give, who completed the workshop with the presenters hosted the Final.



Having done the workshop last week to get last minute hints and tips about improvements and impact – the students provided an amazing final bonanza of innovation, information and emotion across all six charity presentations. Each one had a unique selling point and they all stuck to the clear rules about number of slides and slide information.

Audience participation was required in a number of the presentations and Year 12 duly supported their peers by taking part in full effort. Presenters spoke clearly and in many cases without the need for prompt notes! Some groups were colour co-ordinated; others supported their charities T-Shirts.

Closing comments from the judges showed the level of achievement from all groups, Ms Keane has judged over the last few years and was quick to point out that yet again the level of presentation had risen, providing the judges

with a difficult task. Mikey agreed that they would have had a tough fight on their hands had his group presented this year.

The groups have supported a wide range of charities in their projects. The six on show were, "NIA" Ending Violence Against Women & Girls; The Ben Kinsella Trust" Stop Knife Crime; "Power The Fight" Empowering Communities To End Violence Affecting Young People; "MIND, Havering" Supporting Mental Health; "Bloody Good Period" Fighting for Menstrual Equality; "Via Subwise" Drug & Alcohol Abuse Support.

Hisham & Lubaba were given the judges award for Individual Presenters for their powerful delivery and passion that came from them for their charities.

The winning group in Year 12 representing "Bloody Good Period" Fighting for Menstrual Equality. Their message was powerful and hard-hitting. It is the first time that the charity has been awarded any funds from First Give.



When the charity came in to speak to Year 12 they were passionate about their role in bringing this plight to the bigger audience. Year 12 has provided over £1,000 to help them do this. £1,000 being the donation from First Give to the winning presentation and Year 12 also made money via their social action.

A very successful and rewarding project, hard hitting messages have been delivered and awareness raised across all charities represented.

There will be a whole school non-uniform day later this year to further support all the six charities. During the day Year 12 teams will be on hand at information hubs to raise understanding and awareness even more in our

school community about the great work these charities do.

Congratulations to all those involved, not just the presenters.

Fabulous job Year 12!



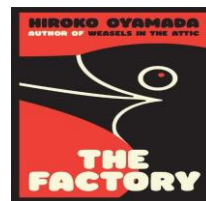
Miss Campbell
Deputy Director of Sixth
Form



Library News

Here are reviews of our top reads for this week. These books can be easily found in our display in the library so please see Mrs Sumsion if you would like to borrow any of them:

TITLE & AUTHOR: *The Factory* by Horoko Oyamada



SYNOPSIS: Beyond the town, there is the factory. Beyond the factory, there is nothing. Within the sprawling industrial complex, three new employees are each assigned a

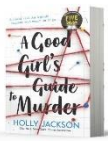
department. There, each must focus on a specific task: one shreds paper, one proofreads documents, and another studies the moss growing all over the expansive grounds. As they grow accustomed to the routine and co-workers, their lives become governed by their work--days take on a strange logic and momentum, and little by little, the margins of reality seem to be dissolving: Where does the factory end and the rest of the world begin? What's going on with the strange animals here? And after a while--it could be weeks or years--the three workers struggle to answer the most basic question: What am I doing here?

Reviewed by Mrs Sumsion:

'This is definitely a show-not-tell type of narrative leaving the reader trying to work out what is this benign, yet also sinister place called the factory? Why do the workers seem unsure as to why they are there and what their

role is? An affecting, sometimes funny and surreal look at the modern workplace.'

TITLE & AUTHOR: *A Good Girl's Guide to Murder* by Holly Jackson



SYNOPSIS: This exciting thriller follows Schoolgirl Pippa Fitz-Amobi as she attempts to track down the murderer of Andie Bell.

Reviewed by Wania Year 10:

'This book was very interesting as it was exciting as the reader delves into the mystery with many different case files to read.'

TITLE & AUTHOR: *Princess in Practice* by Connie Glynn



SYNOPSIS: Boarding school fantasy full of intrigue and secrets.

10:

'This historical action fantasy was a nice sequel which flowed effortlessly from the first book. The series reminds me of a historical fantasy version of Alex Rider, merging both genres beautifully. I recommend this book to those who like the mix of history, fantasy and thriller. There is an underlying theme of questioning identity and sexuality.'

Reviewed by Emmanuelle Year

TITLE & AUTHOR: *PAX* by Sara Pennypacker



SYNOPSIS: Peter is forced to return the fox he rescued as a baby to the wild.

Reviewed by Jessica Year 7:

'A lovely story of a fox being left on the side of the road and a boy, the fox's 'owner' trying to reunite with the fox once he realises what a terrible mistake he has made.'

TITLE & AUTHOR: *Rising Dragon* by Katie and Kevin Tsang

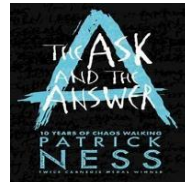


SYNOPSIS: The bestselling fantasy series returns with unexpected water dragons and a deadly battle that could transform Billy, Dylan, Charlotte and Ling-Fei's lives forever.

Reviewed by Abeer Year 7:

'It was thrilling and exciting, very adventurous. After reading the first book I knew I had to read the whole series.'

TITLE & AUTHOR: *The Ask and the Answer* by Patrick Ness (he wrote A Monster Calls)



SYNOPSIS: Fleeing before a relentless army, Todd and Viola once again face their worst enemy, Mayor Prentiss.

Immediately imprisoned and separated from Viola, Todd is forced to learn the ways of the mayor's new order. And then, one day, the bombs begin to explode.

Reviewed by Ariana Year 7:

'I enjoyed this book because it was full of mysteries and very unexpected things started to happen. It was so exciting that I found it really hard to put down. The story is intriguing and full of unexpected twists and turns.'

TITLE & AUTHOR: *THIS CAN NEVER NOT BE REAL* by Sera Milano



SYNOPSIS: A truly remarkable novel describing a terror attack on a small town from multiple perspectives, *This Can Never Not Be Real* takes dark and troubling subject matter and finds the hope and optimism behind it to create an exhilarating reading experience.

Reviewed by: Isabella Year 8:

'I really enjoyed this book because all of the characters didn't know each other at first but then they eventually together to fight for survival.'

TITLE & AUTHOR: *Girls in Love* by Jacqueline Wilson

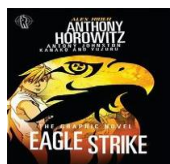


SYNOPSIS: Have you ever been in love? Do you like the way you look? How late can you stay out? Ellie thinks she's unattractive and boring, and that no boy will ever be interested in her. Not like her best friend Magda, who is drop-dead-gorgeous, and Nadine, her equally best friend, who is seriously cool and looks just like a model. Join the girls as they work out how to deal with all the surprises teenage life brings. Sometimes sad, sometimes scary, and often funny, don't miss this unputdownable and hugely popular trilogy

for teenage readers by the award-winning Jacqueline Wilson.

Reviewed by Victory Year 8: 'I enjoyed this book because it shows the importance of friendships and spreads a valuable message to young girls of my age.'

TITLE & AUTHOR: Alex Ryder Eagle Strike by Anthony Horowitz

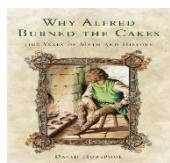


SYNOPSIS: This Graphic Novel sees reluctant MI6 agent Alex Ryder is relaxing at his holiday home when a ruthless attack plunges him into a world of violence and mystery.

Reviewed by: Jason Year 8:

'I really enjoyed this book because it perfectly portrays the emotions of the main character, Alex Ryder and the problems he has with MI6. It never gets boring with amazing artistry depicting a mix of action and humor.'

TITLE & AUTHOR: *Why Alfred Burned the Cakes* by David Horspool.



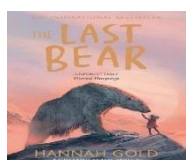
SYNOPSIS: When the BBC conducted the Greatest Briton poll in 2002, Alfred the Great was the only king to make it into the top 20. One can be sure that the story

of the cakes left to burn in a Somerset hovel by a disguised monarch on the run was much of what the voters knew about him. This brilliant book offers a memorable portrait of a great ruler and the myths that grew around him.

Reviewed by: Dominykas Year 7:

'I liked this book because it had lots of thrilling and interesting moments.'

TITLE & AUTHOR: *The Last Bear* by Hannah Gold



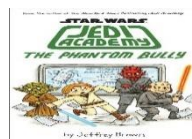
SYNOPSIS: Both absorbing animal adventure and subtle commentary on climate change and the plight of endangered species, *The Last Bear* revolves

around April, the daughter of an Arctic researcher, and her chance encounter with a lone polar bear.

Reviewed by Poppy Year7:

'I liked this book because it was a little sad with a terrific ending. It really makes the reader think about endangered animals.'

TITLE & AUTHOR: Star Wars Jedi Academy The Phantom Bully by Jeffrey Brown



SYNOPSIS: Award-winning author/illustrator Jeffrey Brown returns for the third installation of the NY Times Bestseller Star Wars: Jedi Academy! It's hard to believe this is Roan's last year at Jedi Academy.

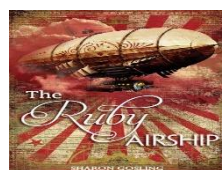
He's been busier than ever learning to fly (and wash) starships, swimming in the Lake Country on Naboo, studying for the Jedi obstacle course exam and tracking down dozens of vorpak clones don't ask.

Reviewed by Ifraz Year 9:

'This story was a little weird but very enjoyable with interesting characters.'

TITLE & AUTHOR:

The Ruby Airship by Sharon Gosling



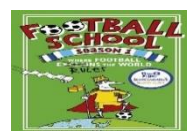
SYNOPSIS: In this action-packed sequel to *The Diamond Thief*, trapeze-artist Remy has left the circus and her life as a jewel thief behind,

but doubts that young detective Thaddeus Rec will ever truly trust her. Torn between her new life and her old, her mind is made up when Yannick, a fellow circus-performer from Remy's past, arrives in London. Remy decides it's time to go with him to France and rejoin her best friend Claudette and the circus. But Thaddeus is sure that Yannick is up to no good. He's determined to track them down and win Remy back, even if he has to embark on a perilous journey by airship to do so.

Reviewed by Jason Year 8:

'This book is simply fantastic. It encourages the reader to stop and form images as to what the characters are like, the landscape, the machines. This story is a marvelous mix of genres including romance, action and adventure.'

TITLE & AUTHOR: *Football School* by Alex Bellos



SYNOPSIS: A groundbreaking new series from two bestselling writers that teaches you about

the world through football. The first book is packed with awesome true stories, real science and fascinating facts and will make you laugh loads.

When do footballer's poo?

Can you play football on Mars?

What is a magic sponge?

You will find the answers to these questions and more in chapters on subjects such as history, geography, biology, and maths. Illustrated throughout with hilarious cartoons and filled with laugh-out-loud gags this is the perfect book for any boy or girl who loves football.

Reviewed by: Sienna Year 8

'I really enjoyed this book because I enjoy football. It gives a different perspective to the game with lots of fun and interesting facts.'

University of Essex Visit



On Monday 22nd January a group of selected Year 11 GCSE PE students and Year 13 A level students were given an elite opportunity to visit the University of Essex.

All students took part in two workshops designed to enhance their knowledge of Exercise physiology and Biomechanics. Within these workshops students were given the opportunity to use state of the art technology which are used in a professional sporting lab.

Students were also able to explore the campus and work alongside university students.

Both the Year 11 and Year 13 conducted themselves amazingly throughout the day and were a credit to the school.

Well done to all!

Mr Howard & Miss Pridie
PE Department

Year 9 Dance Workshop

Year 9 students took part in a professional dance workshop with an artist from Avant Garde this week. Students were able to develop their technical skills in Hip Hop theatre as well as learn about the companies' piece fagin's twist.



Mrs England
Head of Dance

"To find out how we process your personal data, visit the following link: [Privacy Notice for Parents and Pupils](#)"



A poster for Shrek the Musical. The background is a dark, textured green. In the center is a large, dark silhouette of Shrek's head and shoulders. To the left of the silhouette, the text "BEWARE! OGRE" is written in a yellow, hand-drawn style with an arrow pointing towards the silhouette. Overlaid on the silhouette is a large, bold, black text box with the words "TICKETS ON SALE NOW!" in white. Below the silhouette, the text "BASED ON THE DREAMWORKS ANIMATION MOTION PICTURE AND THE BOOK BY WILLIAM STEIG" is written in a small, white, sans-serif font. Below this, the word "SHREK" is written in large, bold, white, block letters. Underneath "SHREK", the words "THE MUSICAL" are written in a smaller, white, block font. At the bottom of the poster, the dates and times of the performances are listed in white text. The ticket prices are listed at the very bottom in a black text box with white text.

**TICKETS
ON SALE
NOW!**

BASED ON THE DREAMWORKS ANIMATION MOTION PICTURE AND THE BOOK BY WILLIAM STEIG

SHREK

THE MUSICAL

Tuesday 30th January 2024

Wednesday 31st January 2024

Thursday 1st February 2024

Doors open at 5pm - Show starts at 6pm

Tickets will be on sale every break and lunch on
Buck's Bridge starting from Wednesday 17th January

ADULT TICKET - £6

CONCESSIONS (UNDER 13) - £4

SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nappy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Bothwell is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The
National
College



National
Online
Safety

#WakeUpWednesday

Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Spring Term** webinar series specially tailored for parents and 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:

- How to support your young person with low mood
- Early emerging School Based Avoidance: practical tips and strategies to support your child
- Anxiety in adolescence: how can parents and carers help?
- Adolescent self-harm: how to make sense of it and when to seek support
- Building resilience, staying connected and nurturing your relationship with your teen
- Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel okay again
- Managing teen behaviour that challenges: tips and tricks
- Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone
- Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing

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.

How to support your young person with low mood

Tuesday 6 February 12:00-13:00

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.

Schools and Colleges
Early Support Service



Anna Freud

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.

Early emerging School Based Avoidance: practical tips and strategies to support your child

Thursday 8 February 17:00-18:00

Feelings of worry or anxiety are something that everyone will experience from time to time. It is not uncommon for young people to worry about school. For some young people, however, that worry can become so great that they may have difficulties in attending school. If your child has high levels of anxiety and is finding it difficult to attend school, they may be experiencing Emotionally Based School Avoidance (EBSA). Emotionally based school avoidance is a term referring to reduced or nonattendance at school by a child or young person. Rather than the term 'school refusal', the term EBSA recognises that this avoidance has its root in emotional, mental health or wellbeing issues.

This webinar focuses on young people who have **early emerging** presentations of EBSA. The parent/carer webinar will offer advice on how to support your child, understand the anxiety cycle of avoidance and suggest practical tips and strategies to help your child overcome their difficulties.

[Click here](#) to register.

Anxiety in adolescence: how can parents and carers help?

Tuesday 5 March 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.

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Anna Freud

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

Wednesday 13 March 17:00-18:00

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.

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

Tuesday 19 March 12:00-13:00

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.

Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again

Thursday 21 March 12:00-13:00

While lots of young people experience bullying, it is an incredibly difficult thing to go through and can have a huge effect on your child's mental health and wellbeing. As a parent/carer, it can also feel very challenging and worrying.

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This webinar will outline the different ways in which young people are bullied and discuss how this might impact them day to day. There will also be useful practical strategies to help you support your young person to get through their experience and feel ok again.

[Click here](#) to register.

Managing teen behaviour that challenges: tips and tricks

Wednesday 17 April 12:00-13:00

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.

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

Tuesday 23 April 12:00-13:00

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.

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Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing

Thursday 25 April 17:00-18.00

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. The teenage years are a time of significant brain change when young people are learning to adapt to the world around them.

This webinar will provide an insight into the stages of brain development through early childhood, adolescence and into adulthood. We will consider how changes in the brain affect the emotions and behaviour of your young person whilst providing evidence-based strategies to help you understand and support their mental wellbeing.

[Click here](#) to register.

Parent and carer webinars: on-demand

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How to support your young person with low mood

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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