

# The Seagull



Issue 772 Friday 24<sup>th</sup> May 2024

Week beginning 3<sup>rd</sup> June 2024 is Week 1

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## HEADTEACHER'S NEWS

### Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Rifah, Ayokunmi, Emmanuella, Muhammad, Ebuloluwa and Joshua in Year 7 and Dorian in Year 9.

It was lovely to celebrate with the students receiving their Duke of Edinburgh awards last night. The DofE award requires commitment and resilience. Students not only push themselves during the physical challenges of the expeditions, they also have to commit to volunteering in their local community. It is an award that is highly thought of and really does make students stand out from the crowd. Well done to everyone!

The Year 11 and 13 students are almost halfway through their exams. We are continuing to support students over half-term with extra revision sessions. Continue with the hard work and revision over half-term, not long to go now!

It's been a successful half-term at Jo Richardson. We are still awaiting the final report from Ofsted and I hope to be able to share this with you next half-term. I have been so impressed by the hard work and commitment of students this half-term.

Year 10 will have end of year exams starting at the end of June; it's never too early to start revising!

I am looking forward to the events we have planned after half-term; the Year 11 prom and Year 13 boat party; ACHIEVE days on 10<sup>th</sup> and 11<sup>th</sup> July; sports day, achievement celebrations and our third rewards trip ACHIEVE day at the end of term!

Thank you for your continued support. We return on Monday 3<sup>rd</sup> June 2024 at normal time. Have a good half-term!

Ms Keane  
Headteacher

### Summer Achieve Days - Wednesday 10<sup>th</sup>, Thursday 11<sup>th</sup> and Thursday 18<sup>th</sup> July 2024

Thank you to those that have already made payment. Deposit payments to confirm numbers and book tickets are due by Friday 31<sup>st</sup> May with full balance due on Friday 28<sup>th</sup> June.

Please ensure you are able to access MCAS to give consent and make payment for the upcoming events that will be taking place. You will find all information under Trips & Consent – Available trips. If you do not have access to MCAS, please contact the School Office - [office@jorichardson.org.uk](mailto:office@jorichardson.org.uk). Please note, no-one will monitor emails through the half-term

break so if you are having issues, please check before the end of the day Friday 24<sup>th</sup> May.

Mrs Garland  
Assistant Office Manager

### Year 11 Paper 2 Maths Revision

In preparation for Paper 2 which is on Monday 3<sup>rd</sup> June, the Maths Department have a series of revision sessions running over half term. These are as follows:

Wednesday 29<sup>th</sup> May and Thursday 30<sup>th</sup> May  
9.00am - 11 00am **Foundation only**

Saturday 1<sup>st</sup> June - Paper 2 revision session  
9.00am - 11 00am **Higher only**

Students are encouraged to attend these sessions as we will guide them through some important topics and provide materials to aid revision.

Please note that foundation tier students have two sessions during the week as above and higher tier students have one on Saturday 1<sup>st</sup> June.

Students have also received a list of topics that may come up, however, this list is not definitive.

Mr Gaudoin  
Director of Learning (Maths & Numeracy)

### Year 11 GCSEs

Dear Year 11 parents/carers, our Year 11 students are now approaching the final few weeks of their GCSE exams. We have some important final revision sessions on offer at the weekends and during half-term. A number of exams are still to come after half-term, so please encourage your child to attend these as I'm sure they will make a big difference.

See below for the timetable.

Saturday 25<sup>th</sup> May - 11:30am - 1:30pm -  
Spanish **Higher** (FER3)

Tuesday 28<sup>th</sup> May – 10.00am – 12.00pm -  
Business GCSE (WRG)

Wednesday 29<sup>th</sup> May – 9.00am – 11.00am -  
Maths **Foundation** (MOR3)

Wednesday 29<sup>th</sup> May – 11.00am – 1.00pm -  
Spanish **Foundation** (DUN)

Thursday 30<sup>th</sup> May – 9.00am – 11.00am -  
Maths **Foundation** (MOR3)

Friday 31<sup>st</sup> May – 9.00am – 1.00pm – PE  
GCSE (CUL2)

Saturday 1<sup>st</sup> June – 9.00am – 11.00am - Maths  
**Higher** (GAU)

Saturday 8<sup>th</sup> June – 9.00am – 12.00pm - Maths  
(all students)

Mrs Morris  
Assistant Headteacher

### National School Breakfast programme



We are pleased to announce that from Monday 10<sup>th</sup> June we will be participating in the National School Breakfast Programme (NSBP) to provide children with a FREE healthy breakfast at the start of the school day.



Students will be able to enjoy a choice of bagels with jam, porridge or cereal and we will ensure that dietary requirements are catered for.



The supervised canteen will be open from 8.00am - 8.20am for students to choose their breakfast and enjoy socialising

with friends at the start of the school day.

We are committed to supporting child development and believe a healthy school breakfast can set up children to succeed and give them the very best chance to learn.

Miss Boulton  
Assistant Headteacher

### Year 10 Billingsgate Fish Market visit



This week our Year 10 Food/Nutrition and Hospitality/Catering students visited Billingsgate Fish Market where they got to learn about the types of fish that are used and sold in the UK. They had the opportunity to work with chefs from the Seafood Training Academy on how to prepare various types of fish in the kitchen using different techniques.

All students were dedicated and showed a true eagerness to learn new skills and expand on their learning that they have been doing in lessons. Everyone got involved and contributed to making a delicious fish curry at the end.



Plenty of chefs in the making at JRCS.  
Well done Year 10!

Mr Summers  
Year 10 Pastoral Assistant

### DofE celebration event



The Bronze DofE students received their certificates last night! We had a wonderful time reminiscing about their expeditions and overall experience. Ms Montague made a special guest appearance to congratulate our wonderful young people.

We wish our students every success and hope to see some more students complete their award next year!

Many thanks.

Miss Lea  
DofE Co-ordinator

### RPC Final Session

Wednesday 22<sup>nd</sup> May marked the final visit to RPC law firm by over 30 Year 10 students. All members of the scheme were guided with CV writing and presented with certificates and goodie bags to celebrate the occasion. It has been a very successful scheme which students



have found beneficial to their future career aspirations (even if they don't want to go into the law field!). We look forward to next year's scheme.



Mr Cully  
Assistant Headteacher

### Bath University Trip



On Thursday 16<sup>th</sup> May we took 38 Year 10 students west to Bath University for an insight day. Despite the long coach

journey (and traffic on the M25), on arrival students were treated to a campus tour, an interactive higher education quiz, as well as hearing from student ambassadors about life at one of the UK's top ranked universities.

There was also time for a Q&A where students asked questions about finance, exam results and course types. All enjoyed the day and students were better informed about the pathways towards higher education.



Mr Cully  
Assistant Headteacher



**SUCCESS FOR ALL**

### GCE & GCSE Exams

Below is the exam timetable for the remainder of the GCE & GCSE exams. These are official exams and students will be required to attend normal lessons when they do not have a scheduled exam. Please make sure students have a good breakfast and they have the correct equipment with them for each exam, including a calculator (if needed) and a black pen. If they wish to, they may bring water, but this needs to be in a clear plastic bottle with the label removed. Please remind your child that under no circumstances should mobile phones or smart watches be taken into exam rooms. If your child is unable to attend any of their exams, please call the attendance line as usual and we will require a letter from your doctor.

Date	Start	Exam Level	Year Group	Time Allowed	Board	Unit Code / Component
03/06/2024	09:00AM	GCE	13	150 mins	AQA	7037/2: Geography Adv Paper 2
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 2F): Mathematics Option F (Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 2H): Mathematics Option H (Calculator (h))
03/06/2024	14:00PM	GCSE	11	45 mins	EDEXCEL	1RU0H (1RU0 1H): Russian Option H (Listening (h))
		GCSE	11	65 mins	EDEXCEL	1RU0H (1RU0 3H): Russian Option H (Reading (h))
		GCE	13	120 mins	AQA	7182/3: Psychology Adv Paper 3
		GCSE	11	60 mins	OCR	J587A (J587/02): Physical Education Mod Upd (Pe: Socio-ctrl Issues Sprt Psych Wtn)
		GCSE	11	105 mins	EDEXCEL	1CS0 02: Citizenship Studies (Paper Two)
		GCE	13	120 mins	AQA	7192/2: Sociology Adv Paper 2
04/06/2024	09:00AM	GCSE	11	35 mins	AQA	8698F (8698/LF): Spanish Tier F (Spanish Listening Test Tier F)
		GCSE	11	45 mins	AQA	8698H (8698/LH): Spanish Tier H (Spanish Listening Test Tier H)
		GCSE	11	45 mins	AQA	8698F (8698/RF): Spanish Tier F (Spanish Reading Test Tier F)
		GCSE	11	60 mins	AQA	8698H (8698/RH): Spanish Tier H (Spanish Reading Test Tier H)
		GCE	13	120 mins	EDEXCEL	9MA0 01: Pure Mathematics 1
04/06/2024	14:00PM	GCE	13	150 mins	EDUQAS	A680QS (A680U20-1): Media Studies A Level (Media Studies Comp 2 Media Forms)
		GCSE	11	105 mins	EDEXCEL	1HI0FN (1HI0 B1): History Option Fn (Anglo-saxon And Norman) 1HI0FN (1HI0 P4): History Option Fn (Superpower Relations)
		GCE	13	60 mins	OCR	H555A (H555/02): Physical Education Mod Pstl (Pe: Psychlgcl Fctr Afct Perf Wtn)
05/06/2024	09:00AM	GCE	13	150 mins	OCR	H472B (H472/02): English Literature - Mod Pstl (Eng Lit: Cmprtve & Cntxtl Sty Wtn)
		GCSE	11	90 mins	AQA	8035/2: Geography Paper 2
		GCE	13	120 mins	AQA	7152/2: Politics Adv Paper 2
05/06/2024	14:00PM	GCE	13	120 mins	AQA	7402/1: Biology Adv Paper 1
		GCSE	11	105 mins	EDEXCEL	1BS0 02: Building A Business
		GCE	13	120 mins	EDEXCEL	9BS0 03: Investigating Business
06/06/2024	09:00AM	GCE	13	135 mins	OCR	H556A (H556/02): Physics A: Exploring Physics Wtn
		GCE	13	150 mins	EDEXCEL	9DR0 03: Drama And Theatre (Theatre Makers In Prac.)
		GCSE	11	105 mins	AQA	8700/2: English Language Paper 2
		GCE	13	120 mins	EDEXCEL	9EC0 03: Economics A (Micro & Macro Economics)
07/06/2024	09:00AM	GCE	13	120 mins	EDEXCEL	9EC0 03: Economics A (Micro & Macro Economics)
07/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2BF): Combined Science Option F (Paper Four:biology(f))

		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2BH): Combined Science Option H (Paper Four:biology(h))
		GCSE	11	105 mins	EDEXCEL	1BI0F (1BI0 2F): Biology Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1BI0H (1BI0 2H): Biology Option H (Paper Two(h))
		GCE	13	90 mins	EDEXCEL	9HI0G6 (9HI0 2G): History Option G6 (Italy & Spain)
10/06/2024	09:00AM	GCE	13	135 mins	OCR	H432A (H432/01): Chemistry A (Chem A: Prdc Tble Elmnt Phy Chm Wtn)
		GCE	13	180 mins	AQA	7062B (7062/1): Religious Studies Adv Option B (Religious Studies Adv Paper 1)
		GCSE	11	90 mins	EDEXCEL	1MA1F (1MA1 3F): Mathematics Option F (Calculator (f))
		GCSE	11	90 mins	EDEXCEL	1MA1H (1MA1 3H): Mathematics Option H (Calculator (h))
10/06/2024	14:00PM	GCE	13	150 mins	OCR	H446A (H446/01): Computer Science Mod Upd (Comp Sci: Computer Systems Wrtn)
		GCSE	11	60 mins	AQA	8698F (8698/WF): Spanish Tier F (Spanish Writing Test Tier F)
		GCSE	11	75 mins	AQA	8698H (8698/WH): Spanish Tier H (Spanish Writing Test Tier H)
11/06/2024	09:00AM	CeFS	12	45 mins	LiBF	CeFS Unit 2 (FCML) Part A MCQ paper exam - Resit opportunity
		GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2CF): Combined Science Option F (Paper Five:chemistry(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2CH): Combined Science Option H (Paper Five:chemistry(h))
		GCSE	11	105 mins	EDEXCEL	1CH0F (1CH0 2F): Chemistry Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1CH0H (1CH0 2H): Chemistry Option H (Paper Two(h))
		GCE	13	135 mins	EDEXCEL	9HI0G6 (9HI0 36): History Option G6 (Britain & Ireland)
11/06/2024	14:00PM	GCE	13	120 mins	AQA	7192/3: Sociology Adv Paper 3
		GCE	13	120 mins	EDEXCEL	9MA0 02: Pure Mathematics 2
		GCSE	11	80 mins	EDEXCEL	1HI0FN (1HI0 31): History Option Fn (Weimar & Nazi Germany)
12/06/2024	09:00AM	GCSE	11	90 mins	AQA	8236/W: Dance Written Paper
			10	90 mins	EDUQAS	Year 10 Drama Component 1 Written Evaluation Exam
12/06/2024	14:00PM	VOC L1/2	11	90 mins	EDUQAS	Construction: Intro To Built Environment New (Built Environment Unit1 Onscreen New)
		GCSE	11	45 mins	EDEXCEL	1PG0H (1PG0 1H): Portuguese Option H (Listening (h))
		GCSE	11	45 mins	EDEXCEL	1PN0H (1PN0 1H): Persian Option H (Listening (h))
		GCSE	11	60 mins	EDEXCEL	1PG0H (1PG0 3H): Portuguese Option H (Reading (h))
		GCSE	11	65 mins	EDEXCEL	1PN0H (1PN0 3H): Persian Option H (Reading (h))
14/06/2024	09:00AM	GCE	13	120 mins	AQA	7152/3: Politics Adv Paper 3
		GCE	13	120 mins	AQA	7402/2: Biology Adv Paper 2
		GCSE	11	90 mins	AQA	8035/3: Geography Paper 3
14/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2PF): Combined Science Option F (Paper Six:physics(f))
		GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2PH): Combined Science Option H (Paper Six:physics(h))
		GCSE	11	105 mins	EDEXCEL	1PH0F (1PH0 2F): Physics Option F (Paper Two(f))
		GCSE	11	105 mins	EDEXCEL	1PH0H (1PH0 2H): Physics Option H (Paper Two(h))
17/06/2024	09:00AM	GCE	13	90 mins	OCR	H556A (H556/03): Physics A: Unified Physics Wtn
		GCSE	11	85 mins	EDEXCEL	1RU0H (1RU0 4H): Russian Option H (Writing (h))
17/06/2024	14:00PM	GCE	13	180 mins	AQA	7062B (7062/2B): Religious Studies Adv Option B (Religious Studies Adv Paper 2b)

		GCSE	11	90 mins	OCR	J536B (J536/05): Music - Moderated Postal (Music:listening And Appraising - Wtn)
18/06/2024	09:00AM	CeFS	12	105 mins	LiBF	Unit 2 (FCML) Part B written paper exam - Resit opportunity
		GCE	13	60 mins	OCR	H555A (H555/03): Physical Education Mod Pstl (Pe: Socio-cltrl Physl Actv Sprt Wtn)
		GCE	13	135 mins	OCR	H432A (H432/02): Chemistry A (Chem A: Synths & Anlytcl Tchnqs Wtn)
		GCSE	11	120 mins	EDUQAS	C600QS (C600U10-1): Design And Technology (D&t Comp 1 D&t In The 21st Century)
18/06/2024	14:00PM	GCE	13	150 mins	OCR	H446A (H446/02): Computer Science Mod Upd (Comp Sci: Algrthms & Prgming Wrtn)
		GCSE	11	80 mins	EDEXCEL	1PG0H (1PG0 4H): Portuguese Option H (Writing (h))
		GCSE	11	85 mins	EDEXCEL	1PN0H (1PN0 4H): Persian Option H (Writing (h))
19/06/2024	09:00AM	GCE	13	120 mins	AQA	7402/3: Biology Adv Paper 3
		GCSE	11	105 mins	EDUQAS	C560P1 (C560UA0-1): Food Prep And Nutrition - Written (Food prp & ntrition Comp1 Written Princ)
20/06/2024	09:00AM	VOC L1/2	11	80 mins	EDUQAS	5409UA0-1: Hosp & catering Industry Onscreen New (Hosp & catering Unit1: Onscreen New)
20/06/2024	14:00PM	GCE	13	120 mins	EDEXCEL	9MA0 31: Mathematics (Statistics) 9MA0 32: Mathematics (Mechanics)
21/06/2024	09:00PM	GCE	13	90 mins	OCR	H432A (H432/03): Chemistry A (Chem A: Unified Chemistry Wtn)

## Weekly Outline of Out of School Hours Learning Activities 2023-2024

### Monday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am	FC4	
Orchestra	All	JEN	8.15 - 8.50am	MU1	Music
Netball Year 8 and 9	8 & 9	BEV1	12.30-1.00pm	Sports Hall	PE
Netball Year 7	7	BEV1	1.30-2.00pm	Sports Hall	PE
Table Tennis	7, 10 & 11	SEN1	1.30-2.00pm	Sports Hall	PE
Football	10	CUL2	4.15-5.20pm	Astro	PE

### Tuesday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am		
Girls only Fitness	7, 8, 9, 10 & 11	SEN1	7.45-8.00am	Fitness Suite	PE
Choir	All		8.15-8.55am	MU1	Music
Volleyball	All	HWD	7.45-8.15am	Sports hall	PE
Christian Lunch	All	TIZ	1.30-1.55pm	SC14	
Sports Leaders	10	SEN1	1.30-2.00pm	Sports Hall/ PE1	PE
DofE	10	LEA2	3.05-4.15pm	SD3	DofE
Wellbeing Club	All	DRA1	3.15-4.00pm	Meet at the library	Wellbeing
Spanish Club	KS3	FER3/DAM2	3.05-4.00pm	MFL3/FC1	MFL/DT
Textiles Club	7,8,9 & 10	MIR2	3.05-4.05pm	DT6	DT
Tennis	All	SEN1	3.15-4.15pm	Ball Courts	PE
Cricket	All	HWD	3.15-4.15pm	Sportshall	PE
KS3 Dance Company	7, 8 & 9	ENG	3.15-4.15pm	DA1	Dance
Rounders	All	BEV1/EME1	3.15-4.15pm	Field	PE



### Wednesday

Club	Year Group	Staff	Time	Venue	Department
Football	9 & 10	CUL2	7.45-8.30am	Astro	PE
Basketball KS3	7, 8 & 9		7.45-8.15am	Sports hall	PE
Breakfast	All	HIL3	7.45-8.15am	FC4	
Yoga	All	ENG	7.45-8.00am	DA1	Dance
Year 10 Band	10	MAT3	8.20-8.55am	MU2	Music
Christian Lunch	All	ROS1	1.30-2.00pm	HU5	
Debate Club	7,8 & 9	SAI3	1.30-2.00pm	PDE2	PDE
Jazz Band	All	MAT3	1.30-1.55pm	MU2	Music
Pride and Allies	All	BRO4	First Wednesday of each month 1.30-2.00pm	RS01	RS
KS3 Dance Company	7, 8 & 9	ENG	1.30-2.30pm	DA1	Dance
Rugby	7 & 8	External Coach	1.30-3.00pm	Astro	PE

### Thursday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am	FC4	
Netball morning club	All	BEV1	7.45-8.15am	Sports Hall	PE
Fitness	7, 8, 9, 10 & 11	EME1	7.45-8.15am	Fitness Suite	PE
Orchestra	All	JEN	8.15-8.50am	MU1	Music
Vocal Group	All	M.Harris	8.15-8.50am	PR11	Music
Wind Band	All	L.Ellis	8.15-8.50am	PR12	Music
Year 11 Band	11	MAT3	8.15-8.50am	MU2	Music
Year 10 Band	10	MAT3	8.15-8.50am	MU2	Music
Futsal	8 & 9	SEN1	12.30-1.00pm	Sports Hall	PE

Jazz Band	All	MAT3	1.30-1.55pm	MU2	Music
Photography/Film	8	FRA2	3.10-4.10pm	AR2	Art
Science	KS3	TAS2/HOQ1/IQB1/AGY/ TIZ	3.05-3.45pm (Starting after Oct half term)	SC7	Science
Athletics	All	PE	3.15-4.15pm	Field	PE
Dance	KS3	ENG	3.10-4.10pm	Dance Studio	Dance

### Friday

Club	Year Group	Staff	Time	Venue	Department
Breakfast	All	HIL3	7.45-8.15am	FC4	
Futsal	All	HWD	7.45-8.15am	Sports Hall	PE
Table Tennis	8 & 9	JON4	12.30-1.00pm	Sports Hall	PE
Jazz Band	All	JM	1.30-1.55pm	MU2	Music
Football girls	All	RIJ	3.00-4.00pm	Astro	PE
UKMT	KS3	MOR12	3.05-4.05pm	MA9	Maths
Basketball KS3	KS3	External Coach	3.00-4.00pm	Sports Hall	PE

# Pupil Wellbeing Conversations

It can feel difficult to know how to start a conversation with a pupil about their wellbeing. Sometimes this is because you don't feel equipped with the information you think you need, or you don't feel confident enough to open up the conversation. This guide shows you what action to take and how to handle a mental health disclosure.

## 1. NURTURE WARM, TRUSTED, KIND RELATIONSHIPS

When pupils have a consistent, emotionally available adult who shows they care and who 'holds them in mind', they thrive. They are also more willing to open up about their wellbeing and seek your support.

## 2. CREATE A SAFE ENVIRONMENT

Provide a classroom environment which is free from belittling and shame-based behaviour management. This will help pupils feel they can share worries, talk about their feelings, know they are listened to and difficulties are acted upon.

## 7. LOOK AFTER YOUR OWN WELLBEING

To be able to help pupils with their wellbeing, the adults around them need to be regulated and calm. It is so important that you know what helps you manage and make time for wellbeing in your life.



## 6. KEEP CALM, EVEN IF YOU'RE WORRIED

In situations where pupils disclose mental health difficulties, keep calm whilst expressing concern for their wellbeing. Reacting with panic will create more alarm and raise a pupil's level of anxiety.

## 5. BE OPEN & CLEAR ABOUT CONFIDENTIALITY

If you invite a young person to tell you about their wellbeing, make sure you know what you will do with the information, and remember that you cannot promise to keep it to yourself.

## 3. HAVE SIDE-BY-SIDE CONVERSATIONS

Some pupils find safety in side-by-side conversations such as a walk and talk, whilst tidying the classroom together or perhaps during a lunchtime club.

## 4. PROVIDE A QUIET ROOM FOR CONVERSATIONS

If a child discloses a mental health difficulty, invite them to talk in a safer, more private environment, and if appropriate, talk to your designated safeguarding lead (DSL) for advice about how the situation can be managed.

### HELPFUL OPENERS

- You don't seem your usual self today. Would you like to talk about anything?
- You look sad/worried today. Do you want to have a chat about it/is there anything I can do to help?
- You said something interesting in circle time/at lunchtime about how you felt when... How do you feel about it now?

Taken from Mentally Healthy Schools:  
<https://www.mentallyhealthyschools.org.uk/media/1681/tips-for-having-a-conversation-with-a-child-about-mental-health.pdf>

**The National College**

This guide is part of The National College's staffroom poster series. A collection of information posters for your school staffroom.



**Meet the Expert: Anna Bateman**  
Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

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# Schools and Colleges Early Support Service: Parent and Carer Webinars



Dear Parents and Carers,

We would like to invite you to attend the **Summer 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
- Anxiety in adolescence: how can parents and carers help?
- 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
- Building resilience, staying connected and nurturing your relationship with your teen
- Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing
- Supporting your young person through exam time
- Transitioning to secondary school
- Supporting young people who experience panic

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.

## Managing teen behaviour that challenges: tips and tricks

**Wednesday 19 June 12:00-13:00** [Click here](#) to register

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.

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

**Monday 24 June 17:00-18:00** [Click here](#) to register

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.

## Transitioning to secondary school

**Tuesday 2 July 17:00-18.00** [Click here](#) to register

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.

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

**Wednesday 12 June 12:00-13:00** [Click here](#) to register

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.

## Anxiety in adolescence: how can parents and carers help?

**Wednesday 17 June 17:00-18:00** [Click here](#) to register

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.

## How to support your young person with low mood

**Thursday 4 July 12:00-13:00** [Click here](#) to register

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.

## Supporting young people who experience panic

**Wednesday 26 June 17:00-18:00** [Click here](#) to register

Many young people can experience panic at different points in their life. The causes for panic can vary for each person such as exam stress, friendship difficulties, fear of social situations. However, we know it can be common for a young person to experience a panic/anxiety attack during the school/college day. This can seem unexpected for both young people and staff. In this bitesize recording we will focus on understanding panic, learning about the brain's response, what keeps panic going as well as ways exploring ways to manage and reduce symptoms of panic.

## Supporting your young person with anxiety before they get their exam results

**Monday 8 July 17:00-18:00** [Click here](#) to register

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.

# Parent and carer webinars: on-demand

Schools and Colleges  
Early Support Service



## 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.