

The Seagull



Issue 773 Friday 7th June 2024

Next Week is Week 2

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HEADTEACHER'S NEWS

Gold Seagull Winners



Congratulations to this week's Gold Seagull winners:

Sophia, Princess, Zhanet, Gbemisola, Rosie, Rojus, Eliza, Ava, Lilly, Oakley and Ibrahima Year 7

Salwa, Gustas, Mattia, Sakeri, Darius, Carn, Dovydas, Amelia, Madihah and Alesha Year 7

Rayan Year 10

Double Gold Seagull winners – Zoha Year 10 and Alisha Year 7

Congratulations to all our Gold Seagull winners this week. So good to be able to present so many students with the award!

The Uniform Shop now have the new skirts in stock. Please remember that all students must wear a JRCS seagull skirt from September which must have the embroidered seagull on the knee. This is to stop students wearing inappropriate skirts to school. If students choose to wear trousers, these must be straight leg tailored school trousers. No boot cut, tight

trousers or leggings are allowed. Please remember jewellery is not permitted in school and students should not be wearing hoodies or tracksuit tops to school. Our uniform is designed to be affordable, comfortable and smart. Thank you for your support in ensuring students are addressed appropriately for school.

Can I please encourage parents to sign up for the ACHIEVE day trips. Students always talk fondly about these trips and really enjoy them. We don't want students to miss out!

Ms Keane
Headteacher

Summer ACHIEVE Days - Wednesday 10th, Thursday 11th and Thursday 18th July 2024 – Deposit deadline

Thank you to those who have already made payment. We have extended the deadline for deposit payments to confirm numbers and book tickets to Monday 10th June with full balance due on Friday 28th 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

Thanks.

Mrs Garland
Assistant Office Manager



National School Breakfast programme

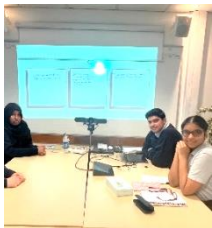


We are pleased to announce that from Tuesday 11th June we will be participating in the National School Breakfast Programme (NSBP) to provide children with a healthy breakfast at the start of the school day. Students will be able to enjoy a choice of bagels with jam, porridge or cereal and we will ensure 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.

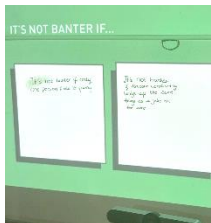
Miss Boulton
Assistant Headteacher

Diana Anti-Bullying



This week, our Diana Anti-Bullying Ambassadors met with half of the Year 7 form reps. They delivered the Diana, Banter versus Bullying programme to the form reps so that they could then take it

back to their forms and deliver the programme to them. Congratulations to the Anti-Bullying Ambassadors who were confident and very professional.



Mrs Richardson
Senior Lead Mentor

Year 12 Egg baby Project



Our Year 12 Psychology students have successfully completed their 'Egg baby project'. This involved caring for their eggs for a whole week without any accidents!

Students are currently learning about the formation of attachments between infant and caregivers, and this was a perfect opportunity for our students to undertake a care giver role.

They have been able to link what they have learnt in the unit to their relationship with their eggs. There were a lot of great projects submitted, but first place goes to Isabella.



Mrs Guven
Teacher of Social Studies



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	
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))	
14/06/2024	09:00AM	GCSE	11	65 mins	EDEXCEL	1PN0H (1PN0 3H): Persian Option H (Reading (h))	
			GCE	13	120 mins	AQA	7152/3: Politics Adv Paper 3
			GCE	13	120 mins	AQA	7402/2: Biology Adv Paper 2
14/06/2024	14:00PM	GCSE	11	90 mins	AQA	8035/3: Geography Paper 3	
			GCSE	11	70 mins	EDEXCEL	1SC0F (1SC0 2PF): Combined Science Option F (Paper Six:physics(f))
14/06/2024	14:00PM	GCSE	11	70 mins	EDEXCEL	1SC0H (1SC0 2PH): Combined Science Option H (Paper Six:physics(h))	
			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: Synth & 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

What Parents & Educators Need to Know about

POP-UP ADS

WARN!

WHAT ARE THE RISKS?

Pop-up advertisements have been a staple of the internet since they were first introduced in the late 1990s. This form of advertising causes a small window or banner to appear in the foreground while someone is browsing a website. Although these adverts are merely irritating for most people, pop-ups can present more severe risks to younger users.

DECEPTIVE TACTICS

Children sometimes don't understand that adverts (including pop-ups) are designed to sell a product – and can't distinguish between a legitimate feature of a site and an advertisement. Video games, for example, can be full of pop-up ads that tempt users into spending money, yet they might take the form of a mini-game or extra level.

INAPPROPRIATE CONTENT

While some adverts are targeted based on a user's interests and activity online, that isn't always the case. This means that children may unfortunately be exposed to ads for age-inappropriate goods or services such as tobacco products, alcohol and gambling sites.

MALWARE RISK

Most pop-ups from reputable advertisers are safe. However, in some cases, pop-ups can trick you into downloading malware – whereby cybercriminals install software on your device, allowing them to access your sensitive data. It can be difficult to know if malware has been installed on your device, so your best option is to avoid engaging with these pop-ups altogether. Be wary of sites that suddenly bombard you with ads or try to prevent you from leaving.

PRIVACY RISK

Many app and game developers will collect their users' personal data, such as their name, address, email address, geolocation information, unique numerical identifiers, photos and payment information. If a child clicks on an illegitimate pop-up laced with malware, all this information could be put at risk.

RACKING UP BILLS

If a child has access to a payment card on their device – be it a smartphone, laptop, or tablet – they could very quickly rack up a massive bill by interacting with pop-up adverts and buying products shown to them. Try to keep a close eye on their spending.

BEHAVIOURAL IMPACT

Research has found that pop-up ads can even have an impact on children's behaviour. Some of these adverts use manipulative tactics that take advantage of children's developmental vulnerabilities, intentionally or otherwise. This approach may cause a child's mood to shift: becoming more stubborn, for example, if they begin wanting their parents to buy a specific product for them.

Advice for Parents & Educators

START A CONVERSATION

It's important to have regular conversations with children about online advertising so that they understand the risks of interacting with pop-ups. For example, if a child asks for a product which has been advertised to them online, ask them why they want it and how they found it: this will present an opportunity to talk youngsters through the tactics used in online marketing.

SPOT THE SIGNS

If you're concerned that a child may be following pop-up ads to make online purchases or viewing content that could be harmful, it's important to be able to spot the signs. Due to the often-manipulative nature of these adverts, children who interact with them regularly may show signs of distraction, stubbornness and an increasingly materialistic worldview.

MONITOR CONTENT

It can often be difficult to spot when a pop-up advert is malicious – even more so for impressionable younger users. It's important to monitor the content they're consuming to prevent them from clicking on something dangerous. If a pop-up ad seems too good to be true – promising a free iPad, for example – it probably is.

PRIVACY SETTINGS

Most modern devices have privacy settings that let you limit the amount of advertising a child is subjected to while using apps or browsing the internet. You may also want to speak to teachers about avoiding sites and apps with advertising, as well as adjusting digital privacy settings on any education technology they use.

LIMIT SPENDING

Try to stay aware of what children are spending and ensure that payment details aren't linked to or saved on the gaming platform that they use. Most video games and internet-enabled devices have settings that can help you manage what children can or cannot purchase online.

CUT DOWN ON SCREEN TIME

Given the prevalence of pop-up ads (which can appear on everything from smartphones and tablets to internet-connected toys and games), it might be beneficial to limit the time children spend on digital devices to curb their exposure to digital advertising.

Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, she is now a freelance technology journalist, editor and consultant who writes for *Forbes*, *TechRadar* and *Wired*, among others.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/pop-ups>

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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.