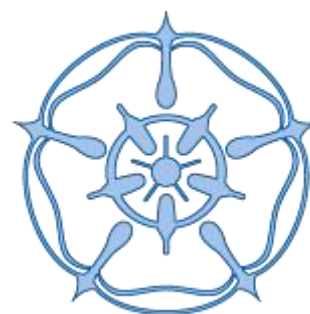


16 September 2022

CARSHALTON HIGH SCHOOL FOR GIRLS

NEWSLETTER

Excellence: everywhere, every day.



Headteacher's Welcome

Dear Parents/Carers

A warm welcome to our first newsletter of the academic year 2022 – 23!

It has been quite the start for #teamchsg. Off the back of our excellent Summer results we were then disappointed to hear that F Block would not be installed in time for our return. Throughout this week we have had a crane lifting 28 different modules into place, all whilst the school was still running as normal. It has been quite an operational and logistical challenge and I have been impressed and proud of how our students have navigated around the school in such a courteous and kind way. We expect the crane to be removed on Saturday and return as near normality as possible on Tuesday.

As part of the process our Year 10 Hospitality students took class photographs in the old F Block. These students are now in Year 11 and will be the first ones to cook in the new state of the art kitchens when the block is complete. They wanted to mark this occasion by placing a time capsule containing these pictures under the new building for a future generation to discover.



Mrs Pearce and Year 10 Hospitality students with the time capsule

I want to congratulate and welcome our new Year 7 students who have made an exceptional start. They have settled in really quickly and so many know their way around the school better than I do! Its great to see many new faces smiling and greeting my staff in the morning and I hope they have enjoyed their time so far. If you do have any burning questions or if you feel your daughter has not quite settled as well as you would have liked please do contact her Form Tutor as the first port of call. Alternatively, please contact either Mrs Watkins (Pastoral Support Officer) or Ms Golightly (Head of Year). It's important to us that students settle into secondary school well so please do not hesitate to get in contact if this is not the case for your daughter. We will be contacting you soon with a short survey to give us feedback on our transition arrangements.

My assembly this week has been to reiterate to our students the necessity of high expectations for all. We believe that the greatest gift we can give our students is an excellent education. In order to meet this we need to maintain high expectations and standards, so everyone can be successful. Our mission statement of being '*fearless in our commitment to excellence*' gives you a glimpse into the fact that we are neither apologetic or repentant in having such a high bar for everyone, regardless of their starting point. We continue to 'sweat the small stuff' i.e. uniform, punctuality, organisation and courtesy and I would urge you to refresh your understanding of our behaviour policy if you haven't done so in quite a while. The details can be found here: <https://www.chsg.org.uk/page/?title=Behaviour+for+Learning&pid=355>

Year 7 are holding their 'Freshers Fair' today where they will be given information on the variety of co-curricular clubs that are available. We are extending and broadening our clubs for all year groups this year so there is a greater opportunity for more students to sign up. We hope there will be something for everyone on at least one day per week and I would urge you to sign your child up to as many clubs as possible. Full details of clubs and how to sign up will be sent out in due course.

Looking ahead

The school will be closed on **Monday 19th September** for the funeral of Queen Elizabeth II. We will also be closing early on **Thursday 22nd** as we prepare to hold our Secondary Transfer Evening. Students will be dismissed from 1.20pm onwards so we can get the site ready for our new prospective students. **Friday 23rd September** is an INSET Day and the school will be closed to students. We commence on **Monday 26th** at our normal times.

Year 12 Information Evening will be held on **Wednesday 28th September**. Year 7 Meet the Tutor and Year 11 Parent Information Evening will be held on **Thursday 29th September**. Details of all three events will be communicated early next week and as these are both quite late nights for our staff and students we will have a later start on **Friday 30th September**. Students should arrive at 9.10am onwards for registration at 9.30am.

It will certainly be a different Monday for many of us. I hope all of our students will take the time to reflect on the life of Queen Elizabeth II over the weekend and throughout Monday.

Regards

Mr M M J Devenney

YEAR 7

Head of Year: **Miss R Golightly**
Assistant Head of Year: **Miss M Martino**
Pastoral Support Officer: **Mrs B Watkins**



Team Year 7 have made an excellent start to their secondary school career, at CHSG. Students spent their induction morning going over their summer work, getting to know their tutor group and looking at what a typical day is like in our school. From Period 4 on their first day, they have thrown themselves into their lessons and have been working hard over the last week. Their conduct is exemplary and their big smiles and positive greetings on the gate have been wonderful to see.

The students have settled very quickly into the routines of school life, including the daily sprint across the plaza to be first in line at the canteen, and of course the daily poring over their timetable to see where they should be next. The girls are quickly finding their way around, even though the letters of the buildings still seem a little confusing.

We have been working through our timetables, school expectations and home learning each morning. We are now looking forward to starting tutor reads which provides a very calm and relaxing start to the day. Students will be given the opportunity this week to explore the value of co-curricular activities and given the chance to sign up to clubs and activities that they were interested in. We are looking forward to these starting on Tuesday.

An amazing **1400** House Achievement Points (HAPs) and **408** of these are **Golden Ticket** points has been achieved by Team Year 7. This is testament to their hard work in lessons and conduct outside of lessons. We recognise the hard work that is going on at home to support the students as they settle in - thank you!

Coming Soon

School Photos

Monday 26th September

The school photographer will be coming to take the students' photographs and you will be offered the opportunity to purchase these.

Meet the Tutor Evening

Thursday 29th September

This evening will give you the opportunity for a meeting with your daughter's Form Tutor to find out how she's settling in. The evening will be held remotely and you will receive an invitation to book an appointment, as well as instructions for logging onto the meeting.

Reminders

A gentle reminder, all school uniform and PE/dance kit must be labelled as it very difficult for us as a team to help/ locate any missing items which have not been.

YEAR 7

Golden Tickets and House Achievement Points

Students are awarded points for exemplary behaviour. These range from 1 point for going above and beyond expectations, 2 points for exceptional effort and the Golden Ticket valued at 3 points.

Golden Tickets Leader board

Isha P (7B2)	9 points
Hibbatul B (7B3)	9 points
Za'Heen LM (7G1)	9 points
Durre S (7R1)	9 points
Lilly H (7Y1)	9 points

House Achievement Points Leader board

Za'Heen LM (7G1)	17 points
Hibbatul B (7B3)	16 points
Lilly H (7Y1)	14 points
Kayima (7G1)	13 points
Isha P (7B2)	13 points
Mary H (7B2)	12 points
Manon LG (7G2)	12 points
Sophia P (7G2)	12 points
Durre S (7R1)	12 points
Dalia DCW (7R2)	11 points

Many thanks - The Year 7 Team



YEAR 8

Head of Year: **Mr J Stockwell**
Pastoral Support Officer: **Mrs Warren**

It is with great excitement that we welcome back Year 8 students, parents & carers to the new academic year.

There have been a couple of changes to the structure of the pastoral team this year with Ms Ishola moving to the Head of Year 12 and Mrs Shelton and Ms Umara joining us as co-tutors of 8Y1. Both teachers are experienced members of staff who will bring enthusiasm and their expertise to our pastoral offering. Welcome both!

The Year Group has returned in the same way we finished the last academic year; calm, focused and with excellent behaviour. They are really embodying the mantra of excellence which has been recognised by members of staff. Although the school site is under reconstruction, every member of Year 8 has been mature and respectful of the work. They have all been supporting our new Year 7 students and showing them the CHSG Way. I couldn't be prouder of their start and feel like they deserve all the praise we can offer. We have also seen a fantastic effort from our students in lessons, registration and during break times. Our students have come back enthusiastic and have really excelled themselves. So much so that we have received over 500 achievement points and Golden Tickets in the first two week. This is incredible and all our students need to be congratulated.

This year will see the re-introduction of the student receptionist in Year 8. Students will work alongside our office staff as ambassadors to the school, greeting guests, learning administrative skills and having an opportunity to develop additional leadership qualities. Every student will have the opportunity to undertake this role and responsibility. In addition to this, the week commencing 26th September will be the student council election week. There are a number of roles available to Year 8 students so please do encourage your child to participate.

The available roles are as follows; Student Voice - 2 per form, Student Council - 2 per year group, Global Citizens, Music Prefects, Dance Prefects plus more.

Again, all students have an opportunity to participate with these roles and elections will be held during form times. Students are encouraged to talk to their tutors for further information about specific positions they are interested in.

There is one more programme that a lot of our students are excited about; the enhanced offering of extra-curricular activities. We are currently compiling our compliment of clubs and will be releasing this to the students over the next week or two. Please keep an eye out for further information.

Finally, from me, I want to wish all our students well in this coming academic year. This year will be a success and we are looking forward to help and guide the students to really excel at CHSG. Year 8 students will have to select their GCSE options later on in the year and there are lots of opportunities for the students to show us their excellence and we really look forward to working with them whilst they grown and learn.

As always, if you need to get in contact with me, please feel free to email me at jimstockwell@carshaltongirls.org.uk or call 020 8647 8294 ext 2121.

Notices

Homework

Homework has changed to Home Learning and will need to be completed every evening. The schedule for Year 8 can be found at this link

<https://www.chsg.org.uk/page/?title=Home+Learning&pid=774>

Upcoming events in Year 8

Events coming up this year that are of particular interest to Year 8 students and parents/guardians include:

Year 8 Options Evening

Be Her Lead – school leadership programme – students only

Personal Development Days – students only

Parent Evenings

Rewards Assemblies – students only

Golden Tickets

With the super return from Year 8, we have seen a total of **506 House Achievement Points** being issued in the first two weeks. This is an astonishing number of points and really shows how excellent our students have been.

In addition to this, 192 Golden Tickets have been awarded so extra congratulations goes to Leah (8R2) and Heavena (8R1) for receiving 5 each. What a superb effort from both students.

Many Thanks - The Year 8 Team



YEAR 9

Head of Year: **Mrs L Oladokun**
Pastoral Support Officer: **Miss H Garrard**

Dear parents/carers

I hope this newsletter meets you well and that you had a great summer with your child. Hard to believe six weeks passed so quickly!

It's been wonderful welcoming Year 9 back to school this September. They have settled back into the routines of school life and started their GCSE option subjects. Every day students have come in dressed smartly in uniforms, ready to learn and with great attitudes. The extremely high number of house achievement points (just under 2000 HAPS), received so far this year is a testament of the excellent behaviour of Year 9. As a team we are extremely proud of how they are conducting themselves in and around school.

We welcome four new tutors to our team this year. They all come with many years' experience as tutors, very passionate and enthusiastic about supporting students to be their best.



Miss Johnson is head of PE & Dance, she is tutor for 9B1.



Mrs Sytko-Shah is head of Visual Arts our new tutor for 9G1.



Mr Treagust is a teacher of Religious Studies and Citizenship. He's tutor for 9G2



Miss Mitchell teaches PE & Dance, she is tutor for 9Y2

Home Learning

Year 9 have been introduced to the new home learning programme during tutor time the last two weeks. I am sure they will benefit immensely as they follow their daily schedule for home learning.

We have had a great start to the year in terms of attendance. 94% of Year 9 students have attended since the start of term with just under 85% of these in school everyday (100% attendance). Research shows there is a direct correlation between school attendance and student achievement. Thank you for your support in getting your daughters in every day.

As always if you have any queries or concerns, your child's tutor is the first point of contact. Mrs Garrard remains with us as pastoral support officer.

Extra-curricular Programme

The school's extra-curricular programme will be released soon, it would be great to have as many Year 9 students as possible join a club. It's a great way to make new friends. Do encourage your daughter to join one.

House Achievement Points Top Earners

Well done to all out top HAPS for 6 – 14th September

Aimee B
Shaista J
Dena-Josephine N
Mia-Jade C
Daisy L

Have a peaceful week-end, the Year 9 Team.

YEAR 10

Head of Year: **Miss Williams**
Assistant Head of Year: **Mrs A Bignall**
Pastoral Support Officer: **Mrs W Newman**

Welcome back after what I hope was a restful Summer break. I am delighted to say that Year 10 students have returned with an extremely positive energy. In their first assembly as Year 10, we spoke at length about the importance of a positive attitude, the notion of self-efficacy and resilience as tools that the students will need if they are to continue to succeed this year.

We wanted to remind the students of how valuable and wonderful they are and impress upon them that the Year 10 Team will continue to support them as they advance on their school journey. I have also asked the students to reflect on last year's progress and successes.

We have had discussions during Form Time around achievements and successes, weaknesses and strengths for each individual. The students have then used this to create SMART targets for themselves to work towards for this year and beyond.

Mrs Bignall joins the Team as the Assistant Head of Year and we welcome her and her expertise. Mrs Newman remains as the Pastoral Officer dedicated to Year 10. As always, if you have any questions or concerns please do contact your daughter's form tutor in the first instance.

Uniform is looking amazing, I am aware that many of you are in the process of ordering the required CHSG school bag, if there are issues with this, please do contact us to see if we can help. It was very exciting to see the girls on their first full day back last Tuesday. They all looked very smart in their uniforms and they

demonstrated a very positive, focused mindset towards their studies. They were also very happy to see their form tutors and the rest of the Year 10 team again!

The group seem determined to keep their heads down and are looking forward to continuing to work on their GCSEs this year with the help of their teachers. It was good to hear from the students about what they got up to over the summer and what they are looking forward to most in Year 10. Below are some examples of what the students had said.

"CHSG start their GCSE subjects in Year 9. I think that helped me prepare a lot for what was to come in Year 10. There was also something called a "Compulsory extracurricular" where, during Year 9, we had an extra subject that was not chosen for our GCSEs, it changed every half term and I think that really benefitted my education and developing my knowledge of subjects that I didn't take for GCSE. We also had a variety of trips after COVID calmed down, I even went to Wisley Gardens with my art class three days ago. For Year 10, I am looking forward to work experience and figuring out my future career with the PDP Careers' Programme." - Olivia A 10B2

"This year I'm excited to try work experience as it is out of my comfort zone and a way to prepare for my future. It will also help me know what skills I will need when I get a proper job. Looking back to Year 9, I really enjoyed the geography trip to Worthing beach as it was my first trip in the school. I look forward to more trip opportunities in Year 10." - Lily G 10G2

YEAR 10

"At the end of last year expectations were set for Year 10, and I aim to meet them this year. I aim to do my best and have a good time. In Year 10 I'm looking forward to doing work experience and hopefully going on more trips to get a better understanding of my subjects." - Katie R 10Y2

"I'm looking forward to doing my work experience in Year 10 as it will help to build up my knowledge in a work-based environment and will teach me what is and isn't acceptable. This will also help me to see if it is a career that I am interested in is for me and if not, it will help me to understand what I can't do and will help to develop me as a person." - Grace S 10R2

S **M** **A** **R** **T**

SPECIFIC
Be clear and specific so your goals are easier to achieve. This also helps you know how and where to get started!

MEASURABLE
Measurable goals can be tracked, allowing you to see your progress. They also tell you when a goal is complete.

ACTIONABLE
Are you able to take action to achieve the goal? Actionable goals ensure the steps to get there are within your control.

REALISTIC
Avoid overwhelm and unnecessary stress and frustration by making the goal realistic.

TIMEBOUND
A date helps us stay focused and motivated, inspiring us and providing something to work towards.

SMART GOALS EXPLAINED

THE COACHING TOOLS COMPANY.COM

Golden Tickets

Below are our Golden Ticket stars for so far this year.

Helena H	6 Golden Tickets
Eliza S	5 Golden Tickets
Sasha R	5 Golden Tickets
Ava C	4 Golden Tickets
Millie G	4 Golden Tickets
Kyara T	4 Golden Tickets

Well done to all of you.

Have a great week-end, the Year 10 Team.

YEAR 11

Head of Year: **Mrs N Devaney**
Assistant Head of Year: **Ms D Johnson**
Pastoral Support Officer: **Mrs A Baker**

Welcome back to everyone after what I hope was a restful holiday. The students have returned to face Year 11 with an extremely positive attitude. I too, am excited to see what the year will bring and I have every confidence that this year group will thrive and this year will prove to be our most successful ever.

To start the year let me introduce you to our fantastic Year 11 Student Leadership Team. The students underwent a rigorous application process including letter of application and formal interview to secure their new responsibility.

I hope you will join me in congratulating them and wishing them well for the year ahead



Head Girls

I am Elise and I am delighted to be one of the Head Girls of Carshalton High School For Girls in Year 11. I have been a student at this school since Year 7, and it has been a great experience, where I have been able to make lots of friends and I have had so much support from my teachers.

As a Head Girl, I will ensure that everyone's opinion is heard, with help from our student leadership team. Throughout my time at this school, I feel that I've truly come out of

my shell, becoming a more confident young woman. Part of the reason I applied for this role is to support others who may be in a similar position to where I once was, allowing them to take full advantage of the amazing environment created by the fantastic students and teachers, realising there is no need to be apprehensive.

Elise G - 11R2

I'm Nuha, one of the Head Girls for Year 11. I would describe myself as always prompt on time and yearning to learn. I applied to be Head Girl as I was looking for an opportunity which challenges my adaptability and inventiveness. One of my strongest skills, is my communication. I enjoy discussing and debating with people. I believe that I can be a friendly and inspiring role model for students at CHSG. Alongside Elise, I hope to make your voices heard. Democratically, we hope that we can apply your ideas to make CHSG an even better school.

Nuha H - 11R1

Deputy Head Girls

I was excited at the opportunity to apply, and delighted when I was selected to form a part of the Year 11 Student Leadership Team. I feel prepared to try and encourage and ensure other students enjoy the overall experience of Carshalton High School for Girls and I look forward to working with others in the team.

Frankie S - 11B2

I am very excited to be Deputy Head Girl, helping and supporting all the girls at Carshalton High School for Girls, the new Head Girls, Prefects and the Student Leadership Team. Student wellbeing, education and safety is very important to me, which is why I will be working very hard with the student leadership team. I like netball, and have played a few matches against other schools. I really enjoy Science, it is one of my favourite subjects. I

YEAR 11

am looking forward to starting my new duties, and working with everyone to make sure CHSG continues to be a great school.

Catherine D - 11R2



Year 11 Prefect Team

I applied to be a part of the Student Leadership Team so I could put forward my ideas and work together with my peers to help improve our school. Luckily, I have been gifted the opportunity to do just this as a Year 11 prefect. I am happy to accept this role as I feel confident that I can provide a positive role model for younger students and attend meetings with the other members of the student leadership team to discuss important topics and issues. Of course, I am excited to begin my prefect duties come this September and cannot wait to begin next term.

Tammy O - 11Y1

I am Connie, and I am glad to be a Year 11 Prefect. I have been part of the netball team throughout my time at CHSG and I enjoy sport. I wanted to be part of the Student Leadership Team so that I can be a role model to the rest of the school. For this reason, I will be working hard with the Student Leadership Team to make school life as positive as possible for everyone.

Connie B - 11B2

Hi, my name is Thashviny and I am one of the Year 11 Prefects in our Student Leadership Team. Two of my interests are learning foreign languages and reading. I applied to be in the Student Leadership Team because I want to help and represent our year group moving into Year 11, including making changes where we need them. If you have any concerns or have any ideas to help our school community, you can always come to me or ask the others in the Student Leadership team.

YEAR 11

Thashviny I - 11B2

My name is Amber and I am one of the Year 11 Prefects. I'm very excited to be a part of the Student Leadership Team for this coming year. I love science-based subjects at school but I like all my other lessons as well. I particularly love music and I play the electric guitar and have been doing so for quite some time. I applied for a leadership position because I wanted to be a role model for other students and play a bigger part within the school. I can't wait to see where the year takes us.

Amber T - 11Y1

Hi, my name is Hannah and I'm one of our school's prefects. I wanted to join the Student Leadership Team so that I could help make a better school environment for all students and teachers. I'm committed to what I do and I'm always happy to help wherever I can.

Hannah E - 11Y1

I am honoured to be chosen as a prefect on the Student Leadership Team. With this role I want to be a positive role model for the younger students and I want the voices of the students in our school be heard. I am happy to accept this role as I feel confident that I won't be scared to express my opinions and put forward my ideas into making CHSG excellent. I'm delighted to start my role as prefect .

Luxiga R - 11R2

Save the Date

Year 11 (Virtual) Parents Information Evening
Thursday 29th September 5.30pm-6.00pm

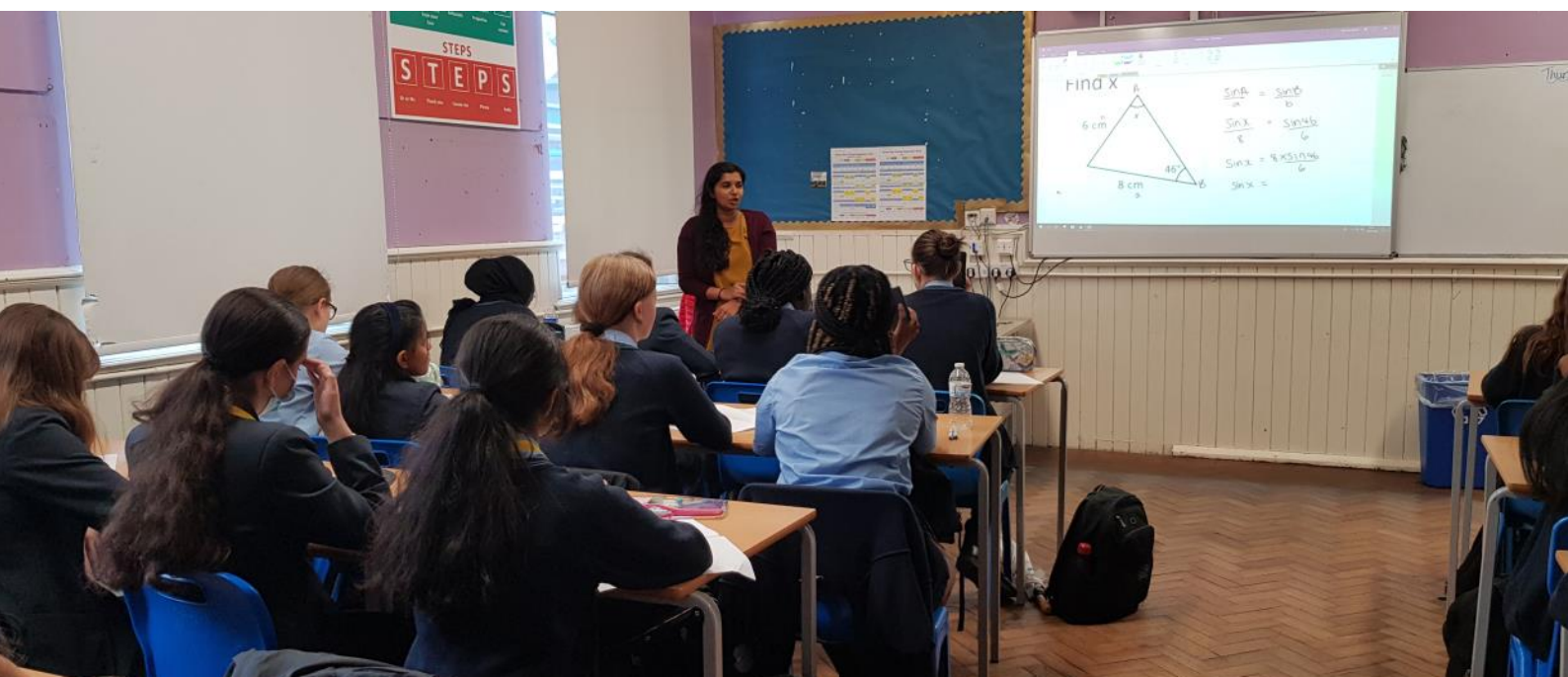
Reminder regarding Year 11 start time

Year 11 students must be in their classrooms for an **8.30am** start, they will each have English and Maths sessions in the mornings delivered by subject experts.

Arrival after this time will result in a late detention

Many thanks for your support with this.

Mrs N Devaney



SIXTH FORM

Director of Sixth Form: **Mrs B Norman**
Head of Year 13: **Miss L Bevan**
Head of Year 12: **Miss T Ishola**
Pastoral Support Officer: **Mrs H Connolly**

Welcome back!

Welcome to all of our new Year 12 students and to our Year 13 students who have returned ready to complete their final Year at CHSG. As you would expect, we have had a busy start to the term, but the students have all been a credit to themselves and the school.

Pastoral Support

Miss Connolly supports all students in the Sixth Form with wellbeing concerns and is our pastoral support administrator. Please contact her if you have any concerns with any matters regarding attendance.

Dress Code

The students all look really smart on their return to school. All details regarding our dress code can be found on the website.

Bursary Applications

The deadline for Bursaries is **Friday 23rd September**. All the details are on the website and we have spare forms in the Sixth Form office. Please check to see if you are eligible.

Once again, thank you for your continued support,

Mrs Norman

Director of Sixth Form

Miss Bevan

Head of Year 13

Miss Ishola

Head of Year 12

Year 12

We have been delighted to welcome our new Year 12 cohort after receiving impressive GCSE results from the summer examinations. The level of maturity and patience of the cohort has not gone unnoticed, in the way they have started to settle into Sixth Form way of life.

As well as academic progress, this is a great year for students to take up roles of leadership; and engage in extra-curricular activities that push them beyond their comfort zones to develop new skills and interests.

Students can expect exceptional support and guidance in what is undoubtedly a significant change from Year 11 to Year 12. We encourage parents/carers to motivate and be involved in their child's studies also by discussing content taught and helping – in whatever way possible - when it comes to revision and examinations.

We hope all our students will appreciate the right level of challenge they will receive as they end Year 12 and approach Year 13.



SIXTH FORM

Year 12 Information Evening: 28th September 2022

This will be an evening aimed at providing parents/carers with more information about Sixth Form life, routes into Higher Education and employment; and to elaborate on the expectations for our students. There will also be tips for how support can be continued at home and we will hear from Year 13 Head Girl on leadership opportunities. Lastly, there will be an update on works taking place within the school.

Year 13

Year 13 Mock Interviews

Every student in Year 13 will be given a mock interview. These will take place on either 15th or 24th November. Your child will need to hand in an up to date CV that will be used to generate questions for their interview. On the interview day they will be expected to be smartly dressed. Please can I encourage you to ask some interview style questions so your child gets practise.

Year 13 Exam Week

During the week of November 28th, your child will be sitting Pre-Public Exams in school. This is a critical week as it allows staff to build an accurate picture of how they are progressing. We will be on hand to support your child during the week, developing the routines required for success in the summer. At home you can help by ensuring that your child has a good breakfast, the correct equipment for success and a positive attitude towards the week.

Concerns

If you are concerned about your daughter, please contact your daughter's tutor if you feel there are any personal issues they should be aware of. The tutor will have the best overview of your daughter's current overall performance and may give you a different perspective.

Year 13 Parents Consultation Evening: Wednesday 11th January 2023

We shall be holding a consultation evening for the parents/carers of Year 13 students on Wednesday 11th January. The purpose of this evening is for you and your child to discuss their work and general progress with their teachers. It is our expectation that all students attend this consultation, together with at least one parent/carer.

Results Day

A huge well done to all of our Year 13 students and for their fantastic results- it was great to see them on results day in August!



UCAS News

Y13 Personal statements

Make sure you complete a final draft of our personal statement on UNIFROG so your UCAS referee can give you feedback.

There are lots of great ways to write an excellent Personal Statement and you don't have to follow a strict pattern. For extra advice, [the UCAS website](#) has guidelines for filling in the whole form – you'll be applying online and the statement format is standardized: 47 lines size, 12 font or a total of 4000 characters including spaces.

You need to aim for 80% subject-specific academic and/or relevant work experience-based evidence (if required) with a maximum of 20% on outside interests/ non-academic.

Useful websites

- [Personal Statements – Pure Potential](#)
- [Tips for writing your personal statement \(thecompleteuniversityguide.co.uk\)](#)
- [How to write a UCAS Undergraduate personal statement | Undergraduate | UCAS](#)
- [Find and Compare the Best University & Degree Courses – The Uni Guide](#)
- [Compare the Best University Degrees Courses UK | Whatuni](#)

Be aware of your deadlines

UCAS applications need to be completed by the following deadlines, so referees can start writing references.

- Friday 16th September (med/vet/dent/Oxbridge)
- Friday 30th September (all other applications)

Y12 and Y13 Post 18 News

BDO Early Careers

BDO have multiple School Leaver Apprenticeships available with a September 2022 start date. For more information visit their website: <https://www.bdoearlyincareer.co.uk/>

Rate My Apprenticeship <https://events.ratemyapprenticeship.co.uk/>

Channel Talent

Channel Talent would like to invite you to their autumn term programme of free interactive university online events. Subject to the content, some are in school time and some are after. The sessions, each including either one or two universities, offer enrichment for curriculum themes and support for students considering progression to HE.

They will be adding further sessions and adding details to existing sessions as they are confirmed so please do register for more regular updates here <http://eepurl.com/duFY5H>

Schools and Colleges Early Support Service

Information regarding Webinars for Parents/Carers September/October 2022

Dear Parents/Carers,

We would like to invite you to attend the September/October 2022 webinar series specially tailored for parents/carers of adolescents, in collaboration with the Schools and Colleges Early Support Service.

Five 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:

- 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
- 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
- Anxiety in adolescence: how can parents help?

Further details on each webinar are below. To register please click on the relevant Zoom link.

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

Date: Tuesday 20th September

Time: 5-6.15pm

Venue: Virtual via Zoom

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.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJcud-ispz4oEtV4wfuUTwWetFI6hHmDvX6m>

After registering, you will receive a confirmation email containing information about joining the meeting.

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

Date: Monday 26th September

Time: 5-6pm

Venue: Virtual via Zoom

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.

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJcvcOGspzsiGtUXi2VmxqeFo8ArImy_2-r4

After registering, you will receive a confirmation email containing information about joining the meeting.

Managing teen behaviour that challenges: tips and tricks

Date: Friday 30th September

Time: 12-1pm

Venue: Virtual via Zoom

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.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJckdumpqDkrHdR4zx-6MD1Nqqd4tva4cNYQ>

After registering, you will receive a confirmation email containing information about joining the meeting.

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

Date: Monday 3rd October

Time: 12.30-1.30pm

Venue: Virtual via Zoom

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.

Register in advance for this meeting:

https://annafreud.zoom.us/meeting/register/tJ0rdumpjMrHtwUFcsHZBXs2kH_bar48IJW

After registering, you will receive a confirmation email containing information about joining the meeting.

Anxiety in adolescence: how can parents help?

Date: Tuesday 11th October

Time: 5-6pm

Venue: Virtual via Zoom

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.

Register in advance for this meeting:

<https://annafreud.zoom.us/meeting/register/tJwvf-Cgpz0oGNefKgyHfqM4-dH2UXN06yN8>

After registering, you will receive a confirmation email containing information about joining the meeting.



Upcoming Events For Secondary Parents 2022/23 Supporting your teenager's mental health webinars

**22ND,
26TH OR
27TH
SEPT**

Mental Health during the teenage years -
an introduction and overview
For year 7 & year 8 parents

**9TH,
10TH OR
15TH
NOV**

Supporting your teen through emotional
storms - emotion regulation skills and
strategies
For all secondary school parents

**26TH,
30TH OR
1ST
JAN/FEB**

Understanding and supporting anxiety
during the teenage years
For all secondary parents

**13TH,
16TH OR
17TH
MAR**

Supporting and managing exam and
assignment stress: top tips and ideas for
parents
For all secondary parents - year 11 and 13 focus

**4TH,
9TH OR
11TH
MAY**

Understanding and supporting teen sleep:
an overview of the research and
recommendations
For all secondary parents

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more

Scan QR code with your phone's camera to sign up for free via eventbrite or search:

www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989



SECOND HAND UNIFORM SCHEME 2022 - 2023

Is your uniform a bit of a misfit?

Do you no longer need it or do you need an upgrade?

Why not donate it back to school where it can help to **reduce**, **re-use** and **recycle**?

How do I donate second hand uniform?

Due to Covid-19 please follow the guidelines below.

- All items **MUST** be washed at 60 degrees and bagged up.
- Please itemise everything in your donation bag by type, size and quantity.
- Please attach this list to the outside of the bag
- Please deliver your uniform donations to reception or send in with your child to pass to their Head of Year

Uniform that is in lost property and is unnamed and unclaimed by the end of the academic year will be considered second hand uniform.