



Thank you to Lily, Year 13, who read the poem *Ode of Remembrance* and Thomas, Year 9, who played the *Last Post*.
[Watch on Instagram here.](#)

We pay respects to those who have been, and those who still are, caught in conflict. May we never forget freedom is not free and thank those who fought so that we could be.

On Monday 11 November, BFS held a whole school Remembrance Service. Students and staff gathered to pause and reflect at 11am. Students made wreaths of poppies and lay them at our specially created cenotaph. It was great to see our students so well-behaved and respectful during the event.



As a member of Girlguiding's Trefoil Guild, it was lovely to see so many of our students in uniformed organisations at the Remembrance Parade in Westbury Village. I spotted our students representing the Guides, Scouts and Young Leaders as well as the Air Cadets. Monty from Year 12 led the Air Cadets parade. Alp from Year 13 laid a wreath on behalf of the youth of Westbury. It is heartwarming to see our students participating in these organisations and showing their respect to the fallen.



LEST WE FORGET



MRS TINDALL



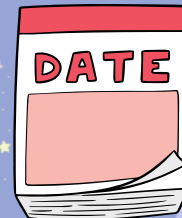
NOTICES AND EVENTS



BFS_Bristol



BFS_Enrichment



KEY DATES

Tuesday 19 November

Rotary Youth Speaks Competition

Wednesday 20 November

English Speaking Union Local Heat

Thursday 21 November

SEND Coffee Morning 11am-12pm

Year 12 Subject Evening

Friday 22 November

Y11-13 Employers Talk - Youth Work

Y9 Public Speaking Event 11am-12pm

Y10-12 Music Students University Visit

QUICK LINKS

[Lunch Menu](#)

[Extra-Curricular Clubs](#)

[Term Dates](#)

[Student/Parent Handbook](#)

[Past Newsletters](#)

Year 9 Public Speaking Masterclass

Speak like you own the room!

We are delighted that our local MP, Darren Jones, will be returning to BFS this year to lead a Masterclass on Public Speaking.

In these one-hour sessions, students will learn how to craft an argument and deliver it to an audience with confidence.

Year 9 students have been sent details of how to sign up for this exciting opportunity via their school email address. Deadline to sign up is Sunday 17 November.

ILLNESS

If your child is ill, please consult the following website for guidance on whether they should attend school or not.

[Is my child too ill for school?](#)

If they are too ill to attend, please report absence by 9am for every day that they are ill. This can be done through the free app Studybugs (click this link to register [Studybugs - Register](#)) or by calling the 24-hour attendance line on 0117 9597200 (option 1).

In line with NHS guidance, we encourage students to attend with minor aches and pains and minor coughs and colds.



SEND Coffee Morning

Come along to our SEND Coffee morning hosted in partnership with Bristol Parent Carer Forum where you can find out more information on what support is available locally for your child with special educational needs and disabilities. It does not matter if you do not have a diagnosis, we are here to support every family in Bristol and we are parents ourselves, so we get it!

We have limited space so would kindly request you email sen@bristolfreeschool.org.uk to register your interest.

Date: Thursday 21 November

Time: 11am - 12pm

Location: Bristol Free School



ASHTON



BLAISE

HOUSE NEWS

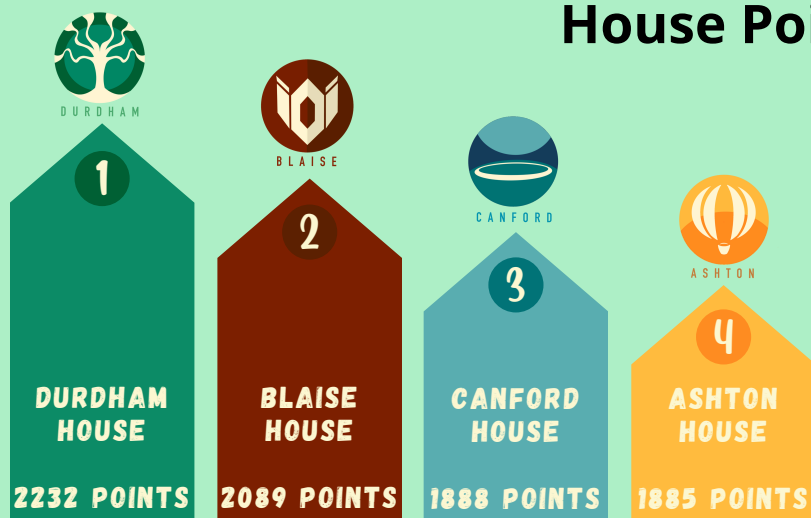


CANFORD



DURDHAM

House Points



It is all change this week, with Durdham earning an impressive 2232 House points this week!

#BFSCommunity
#BFSOpportunity
#BFSAmbition

Top House Point Earners

Congratulations to our top House point earners this week!

	Ashton	Blaise	Canford	Durdham
Year 7	Emily R, Phoebe P	Amelia F	Oscar B, Sienna W	Thomas F
Year 8	Orla S	Krystal D	Noah S	Max C
Year 9	Sophie L	Thomas O	Dylan R-J	Emily C
Year 10	Chloë H	Fiona H	Chloe D	Elle R, Emma A, Harriet B
Year 11	Theo B	Esomba E	Harley F	Charlie D, Ricky D
Year 12	Eleanor B, Jacob C	Susannah C	Ellen M	May L
Year 13	Evie-Jean W	Thomas D	Jemimah D	Ella M

Sixth Form Student of the Term!

Our Year 12 and 13 students have made an excellent start to the new academic year. At the end of Term 1, subject teachers were asked to nominate a **Student of the Term** for their subject and the winners of these were announced this week during tutor time. Teachers commented on how tough it was to decide their winner as so many of their students have been impressing them. Well done to all our winners!

YEAR 12

Art - Hollie R
 Photography - Hetty A
 Business - Ellen M
 French - May L
 Spanish - Sophie W
 History - Elliot S
 Geography - Sam M
 RP - Kamran S
 Politics - Kaira M
 English - Jacob C
 Health and Social Care - Lo S
 Psychology - Amelie F
 Sociology - Miles B

Design Tech - Ellen M
 Computer Science - Evan H
 Drama - Caitlin O
 Music - Susie C
 Economics - Henry S
 PE - Caitlin B
 Biology - Daisy P
 Chemistry - Sam H
 Physics - James H
 Core Maths - Jiya M
 Maths - Oliver M
 Further Maths - Isaac S

YEAR 13

Art - Isabelle J
 Photography - Mostaphe K
 Business - Ellie C
 French - Theo H
 Spanish - Ella M
 History - Jacob L
 Geography - Olivia D
 RP - Amber P
 Politics - Jemie D
 English - Aila V
 Health and Social Care - Leah H
 Psychology - Tobi A
 Sociology - Paris W

Design Tech - Lizzie B
 Computer Science - Tom D
 Drama - Jess S
 Economics - Rans K
 PE - Evie-Jean W
 Biology - Carl R
 Chemistry - Lyla F
 Physics - Maha E
 Core Maths - Jasmine S
 Maths - Ben M
 Further Maths - Josh M

Christmas Card Competition

Thank you to everyone who entered the House Christmas Card Competition. We had 86 fantastic entries.

Mrs King, and SLT, chose the winning design which was by Leonora in 8TG6 (Canford). Well done!

Durdham was the House with most entries and a shout out must go to 7TG5 and 9TG1 where almost the whole tutor groups entered! Here is a selection of Mrs King's favourites.



Leonora in 8TG6 (Canford)



House Cupcake Decorating Competition

The House Cupcake Decorating Competition will take place on Monday 2 December, 3-4.15pm in CG23. Why not volunteer to represent your House?



Reverse Advent Competition



This festive season, BFS will be collecting food items for the Bristol North West Foodbank. Items required are listed on a reverse advent calendar which you can view [here](#).

This festive season we would like students to develop their community spirit by participating in this House competition. Furthermore, this will also help and support the local community. Each Tutor Group will get a Community House point for achieving all 24 days. Prizes will be awarded to the tutor group from each year group with the most food items collected in total.

The collection will run until Tuesday 19 November, when the food items will be collected by Bristol North West Foodbank.

Thank you so much for supporting such a great cause. This really showcases the BFS community spirit!

Science Competition

The 37th MiSAC Annual Competition has launched! The aim of the competition is to develop an understanding among teenagers of the impact of human fungal diseases and the emerging threat of antifungal drug resistance across the globe.



What do you need to do?

You are required to design an illustrated, web-page report for teenagers to raise their awareness of a human fungal disease and outline the problem of antifungal drug resistance. [More information.](#)

- Select one named human fungal pathogen and its associated named disease. Describe the pathogen, the disease and its symptoms.
- State how common the disease is and its effects on specific groups (eg. HIV patients, cystic fibrosis patients, transplant patients).
- Describe the major antifungal drug treatments that are used to control the disease and their effectiveness.
- Discuss the factors that contribute to antifungal drug resistance and suggest future ways of combatting the emergence of antifungal resistance.

Five Top Tips

1. Use the scientific name of any pathogens you mention.
2. Do not forget that the first name (genus) begins with an upper-case letter and the second name (species) has a lower-case initial letter (eg. *Trypanosoma brucei*). This can be abbreviated, for example, to *T. brucei* after its first use.
3. Use italics for the scientific name - or underline it if your entry is hand-written.
4. Use your own words because plagiarism will be penalised.
5. For data and other material used to illustrate your entry, provide information of their sources.

What makes a good web page?

Effective web pages rely on being not only informative but attractive, lively, well-designed and often amusing, in order to make an immediate and memorable impact. This can be achieved by using photographs, diagrams, drawings, plus data and sources of further information. Make the presentation of your entry entertaining for its intended audience - teenagers.

Submit all entries to Ms Hawes in CF19 by 3 March 2025. They will be posted together to MiSAC.

All entries must be no larger than one side of A3 paper.

House points available!

External prizes: 1st - £100, 2nd - £50, 3rd - £25



ACHIEVEMENTS



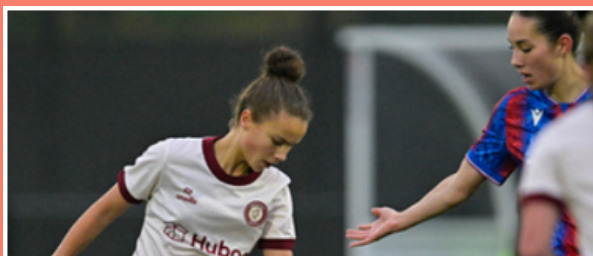
Thinking deeper in Maths

Mr Fearon would like to recognise Jamie in year 7 for his excellent deep thinking and exploration in Mathematics. In our fraction investigation, Jamie used his imagination and mathematical thinking to link fractions together in a way that none of us had seen before in the Maths Department. When relating two fractions, Jamie found that not only could we add the numerators and denominators, but that you could square them, and then use the difference of two squares to get the same outcome. This was a great demonstration of deeper mathematical thought, bringing in ideas from outside that lesson and applying them confidently. Excellent work Jamie!



Footballing Success

Well done to Isla in Year 11 who played her first full game for the Bristol City FC Ladies U21s Team this week vs Spurs! Isla was also part of the England U16 squad that played two international friendlies over half term. The future is looking bright!



Well done Isla



Judo Western Area Schools Champion

Congratulations to Pippa in Year 11, who attended the Western Area Regional Schools Qualifier Judo Championship in Bideford last weekend. The event was attended by children from over seventy schools.

Pippa represented BFS in an exemplary manner and had a faultless performance, winning all her fights to become Western Area Schools Champion! Pippa has now qualified for the British Judo National Schools finals in Sheffield in 2025. An amazing achievement, well done Pippa!



Avon Schools Cross Country

A massive congratulations to the following students who have qualified for the Avon Schools Cross Country in January following their success at the Bristol School Cross Country this week.

Sam F, Iris B-L, Elsa J, Max H,
Lilia B-L and Elen R.

Good luck in January!





What has been happening in... *maths?*



MR BROWN

Mentoring

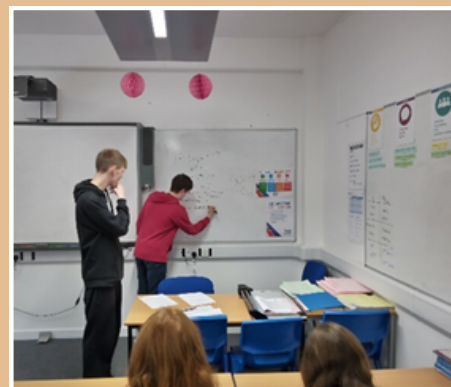
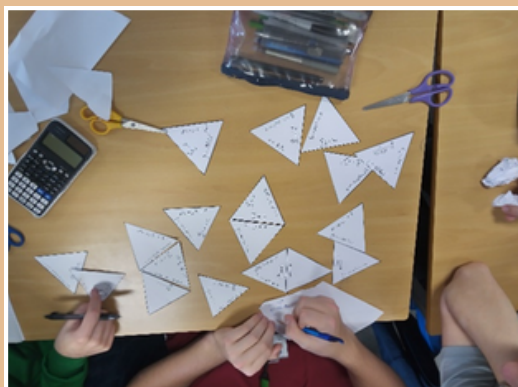
Every morning during Tutor, a team of about twenty Sixth Form volunteers help out some of our younger students with their Maths. The Sixth Form mentors have helped these students to master some of the essential skills that they will need as they progress through the School and aim for a good pass at GCSE. The work that the mentors cover is closely linked to what is happening in classrooms so that the younger students can develop confidence in lessons as well. Mr Lustig-Bruce carefully coordinates information from teachers to make sure that students are being taught exactly what they do not know in these sessions. Sixth Formers have undergone training on consistent methods so that they are teaching the younger students in the same way that teachers are teaching them in lessons.



Year 11 and Year 13 Mock Exams

A big focus for us in Term 1, is preparing students for their mock exams. Year 11 have been following revision timetables drawn up by their teachers to prepare them for the first of their big mock exams. We have also been offering revision sessions after school on Mondays and Wednesdays, often having to draw in extra teachers as the numbers in the revision sessions have regularly been over thirty. Well done to all the Year 11 students who are taking their revision so seriously, turning up for revision sessions and completing the revision homework being set each week on Dr Frost.

In Year 13, we have been trying some active revision sessions, with students working in groups to solve puzzles and then sharing their own solutions to exam questions by presenting them to the rest of the class.



Open Evening

At the recent BFS Open Evening, we ran a competition asking people to write down a number between 1 and 100. The winner would be the person who wrote down the number which is closest to half the mean average of all the entries.

The mean of all 74 entries was 24.68127324, meaning that half the mean was 12.34 to 2dp. There were three winners, who all wrote 12: Miss Conole, Mabel (although Mabel did have a few goes!!) and David R.

Given this information, can you tell me what the total was?



Every week, students receive their Maths homework, mostly through Dr Frost. As a school, our engagement in Dr Frost has been consistently at level 6/6 for the past two years. In fact, out of the many hundreds of schools and Trusts who use Dr Frost, RET were the first Trust to have all of their schools on engagement level 6/6. Keep completing the work, so that we can maintain that standard!

Many students are now completing independent work on Dr Frost, particularly in the run up to exams, an excellent way to revise. Currently, the top users of Dr Frost are:

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Jake S	Emma F	Ben G	Bronwyn E	Flora A	Dj B	Evie P
Mia B-G	Leo F	Florence B	Ayesha F	Macy H	Alan R	Antoine G
Leo G	Fin B	Jaiya R	Aslan P	Emlyn W	Elsie C	James W
Luke E	Owen T	Thomas O	Samuel Q	Joe R	Ranithu G	Ben M
Iona P	Greg N	Ava W	Aseel A	Ellie J	Catie C	Edward S

Well done to all these students for using the platform so much in developing your understanding of Mathematics.



After School Sessions

Every Friday, after school, a group of Year 13 students gather to work through some of the more challenging Maths available to them as they prepare for University admissions tests in order to go on to study Maths at University. We have enjoyed grappling with these questions and have worked together to solve some of these extremely challenging problems. Any Year 13 Maths students who want a bit more than A Level offers are welcome to attend. Here is one of the questions:

The sequence x_n is defined by the rules

$$x_1 = 7$$

$$x_{n+1} = \frac{23x_n - 53}{5x_n + 1}$$

The first three terms in the sequence are 7, 3, 1

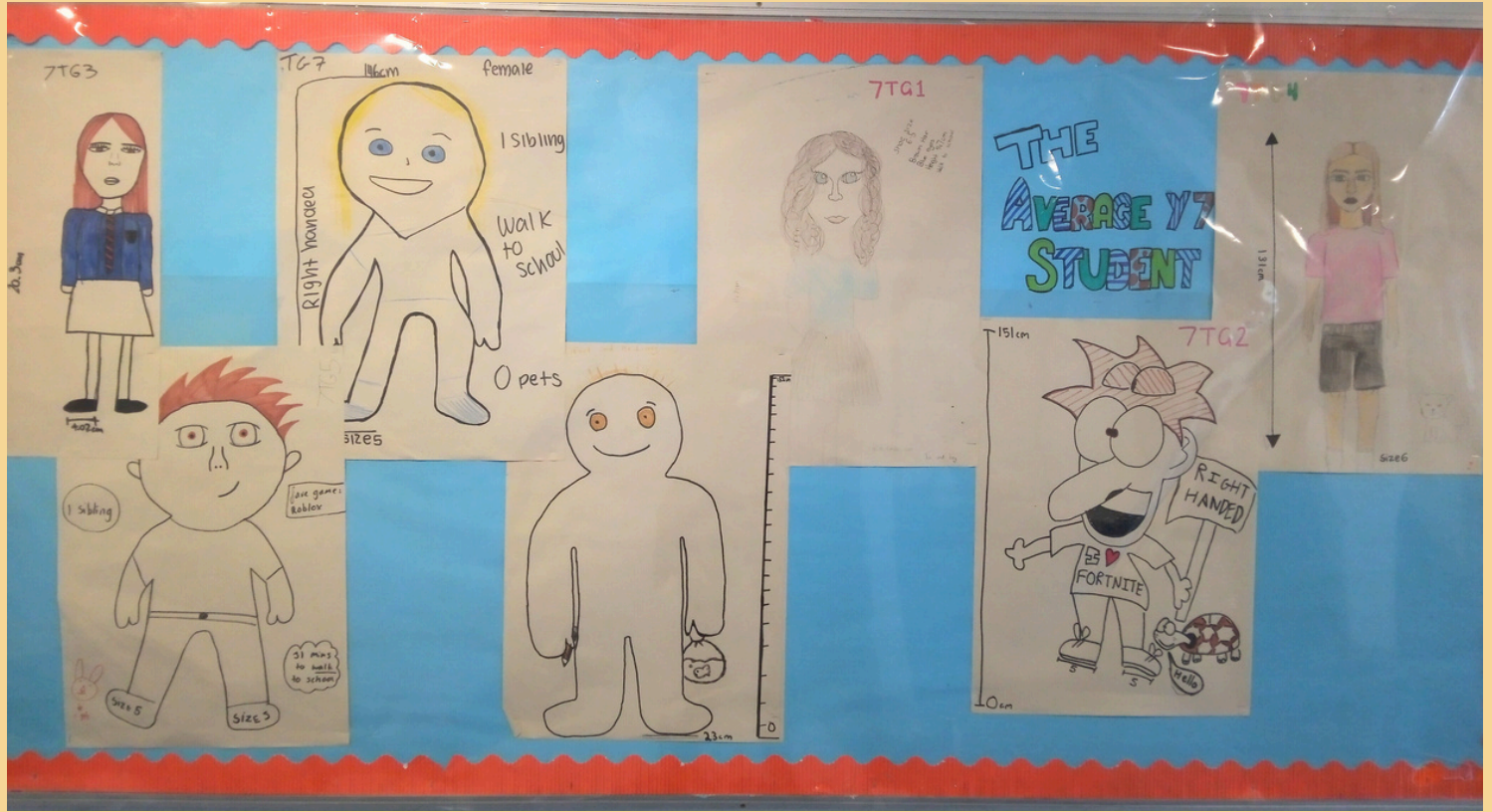
What is the value of x_{100} ?

Have a go!

In the Classroom

Year 7 are just about to embark on their project, investigating what the average Year 7 student is like. In order for this to be possible we need lots of data on the students, therefore Year 7 students are currently completing a questionnaire so that we can then use that data to find what the average Year 7 student is like, in terms of their height, favourite TV programme, shoe size, how many pets they have, etc.

These were some of the averages calculated last year for The Average Year 7 project. I wonder if any of the averages will change this year?

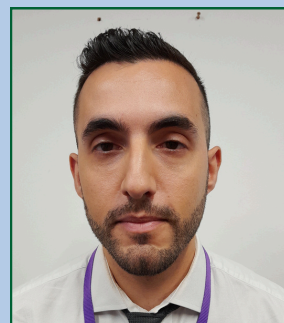


The Teaching Team

As a team of teachers, we were pleased with the 85% of students who gained a Grade 4 or above in their GCSE Maths last year, but we notice that that is not yet everybody. This is the kind of question you need to be able to answer if you are aiming for a Grade 4 or above. Most of our students are tackling these now, but not quite all.

We are spending our development time this year looking at how to teach the relevant strategies to answer these questions so that all students will in future gain a Grade 4 or above at GCSE.

We are also delighted to be joined in the Maths Department this year by three new teachers.



Mr Soupionis

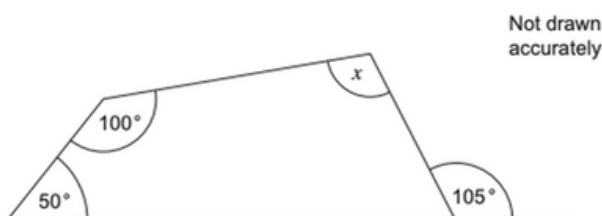


Mr Hadfield



Mr King

You must show all your working.
Work out the value of x .
Give reasons for your answer.



SEND

SEND Coffee Morning

Come along to our SEND Coffee morning hosted in partnership with Bristol Parent Carer Forum where you can find out more information on what support is available locally for your child with special educational needs and disabilities. It does not matter if you do not have a diagnosis, we are here to support every family in Bristol and we are parents ourselves, so we get it!

We have limited space so would kindly request you email sen@bristolfreeschool.org.uk to register your interest.

Date: Thursday 21 November
Time: 11am – 12pm
Location: Bristol Free School



Welcome to Ms Vinyard

Ms Vinyard has joined us as Assistant SENDCo, covering for Ms Cook whilst she is on maternity leave. She will be supporting our SEND students in Years 7 and 8 as well as overseeing exam access arrangements.



HELLO!

Contacting SEND

To ensure emails are directed to the correct member of the team, please use our SEND email address when contacting us.

SEND@bristolfreeschool.org.uk

Autism Champion

We are really pleased to announce that, following a year-long training course, Ms Johnson is now a fully qualified autism champion! She has been sharing her expertise to support students in small groups but is also a source of useful information and expertise for the wider school community. This supports our commitment to high quality inclusive teaching to support all our learners.





MS GRIFFITHS

LIBRARY & READING

Year 7 and 8 Accelerated Reader Balloon Race

Current AR Balloon Race leaders are 7TG7 (Mr Treen's class) with 7TG2 (Ms Marsh's class) following close behind.

In Year 8, Mr Treen's class are leading the way again with Mr Harris' class in quick pursuit.

Let's get reading and quizzing Year 7 and 8: the term is still young.

**THE RACE
IS ON**



House Book Competition



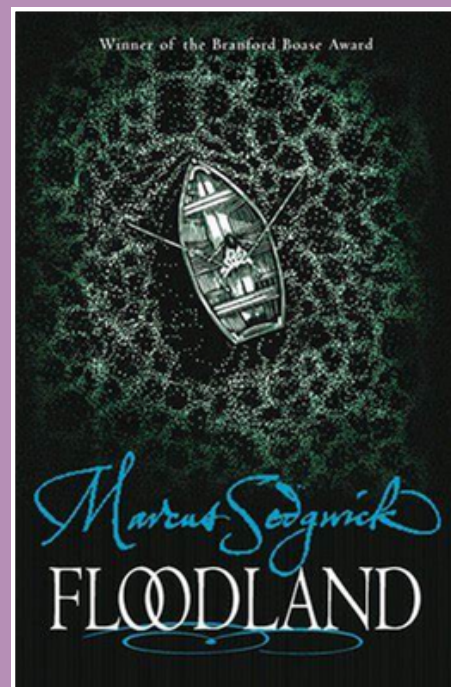
Remember, if you take a book out of the Library you could earn lots of points for your House. The House Competition trees are hardly wintery at the moment with the number of tree leaves growing as more books are being borrowed. The biggest blooming tree at the moment is Canford (third place last week) and Blaise is not far behind. Great improvement from Ashton house too (but still in fourth place).

What do you need to do? Come to the Library and borrow a book or two. It is that easy!

Author Spotlight

If you're looking for a great read, why not give a Marcus Sedgwick book a try? This fantastic author has brought us books including *The Dark Rising*, *Midwinterblood*, *Floodland* and *My Sword Hand is Singing*.

Marcus Sedgwick was born in 1968 in Kent and later studied at the University of Bath. He worked as a bookseller and then in children's publishing before his first novel, *Floodland* was published in 2000. The following year, Sedgwick won the Branford Boase award. He has gone on to write more than 40 books, most of which are for young adults and are of the dark, fantasy genre.



Books and Babble

Enjoy reading? Why not come to the Library to chat about the book you are reading, hear about a good book from someone else, and get some great reading in? Every Tuesday, 3-4pm in the Library.



ENGLISH

Year 10 Macbeth Workshop

Year 10 were treated to a Macbeth theatre workshop from Sky Blue Theatre on Monday. Students took to the stage, in full costume, to reenact Shakespeare's tragedy with enthusiasm and charisma.

Both, the theatre company and English Department, were impressed with how many of the year group were eager to get on the stage and answer questions from the actors. I have been assured that not all schools can name the four countries that are pivotal to the plot of Macbeth, nor understand the connections between the play and the Gunpowder Plot. Do congratulate any Year 10 students for their behaviour and participation - and feel free to ask them their thoughts on this lively session!



BFS DRAMA & MUSIC

Winter Showcase

Oatley House Hall, St Monica's Trust, Cote Lane
Tuesday 17 December at 6.30pm

Save the Date

Year 9 Boys Rugby

On Monday, the Year 9 rugby team celebrated their first victory of the season against Blaise High School, showcasing the results of their hard work and dedication over the past few weeks. The boys played with determination and skill, demonstrating their commitment to improving as a team. Aidan and Rory stood out with exceptional performances, each contributing significantly to the match. Their efforts not only helped secure the win but also inspired their teammates to give their best on the field. It was a proud moment for everyone involved, and this victory is sure to motivate the team as they continue their season.



Girls Rugby

Calling all Girls! Team PE are providing you with an amazing opportunity! **ALL GIRLS RUGBY TRAINING!**

We have been lucky enough to have a parent volunteer, with heaps of experience, supporting us on Mondays. Now we just need you to come along! You do not have need to have played rugby before, it is not all contact, so come along and give it a go!

Nervous!? Bring a friend! It is open to all year groups, Years 7-13! Come on Monday, 3-4.15pm.



Give it a try!

Year 9 Girls Netball

Our Year 9 netball superstars took part in the National Sisters n Sport competition against Farmor's School this week. Their previous triumphs had got them to the last 32 in the competition which is a fantastic achievement. We made a brilliant start and led by one goal after the first quarter. The second quarter we continued to progress being two goals ahead with some excellent turnovers and accurate shooting. However, Farmor's School stepped up in the third quarter and took a four goal lead going into the final quarter and unfortunately this was too much for us to chase. The final score was 26-19. Nancy was voted player of the match. Well done to the whole squad, an amazing achievement to get this far.



UPCOMING FIXTURES

Monday 18 November	Y7 & 11 Netball vs Cotham School	Imperial Sports Ground
Wednesday 20 November	Swimming Gala	Clifton High School
Thursday 21 November	Y7 Rugby Festival	Redland Green School (Kellaway Avenue)



CAREERS



Employer Talk

We were excited to have an employer talk this week on life in the legal profession. As expected, turn-out was great (standing room only)!

Grace Tasker and Phoebe Rogers, from Westbury-on-Trym solicitors, Simpson Solicitors, spoke to students about the world of wills, probate and lasting powers of attorney.

It was interesting for students to understand how, nowadays, lawyers tend to specialise in a particular field early in their careers. As a legal adviser, Grace spoke about how she enjoys her client-facing role involving fact-finding with clients to help them make the right will, reduce tax on death and minimise the risk of family disputes. She manages a large case load and is responsible for delivering excellent customer service. Phoebe, who is the administrative team leader, explained how she preferred behind-the-scenes work, creating legally watertight documents and helping with court applications.

The talk certainly dispelled any myths that working in the law is all about crime and courts, and wigs and gowns, and showed students that there are many roles in a law firm that would suit all sorts of personalities and learning preferences. The speakers talked to students about A Level choices, their advice being 'do what you enjoy', and entry routes into the profession post-school. As well as University followed by professional exams and qualifying work experience, students can consider solicitor/degree apprenticeships or apprenticeships through the Chartered Institute of Legal Executives (CILEX), which do not all require a degree.

Hopefully the talk will have inspired some students to look further into a legal career and consider doing some work experience – maybe with Simpson Solicitors!

simpsonsolicitors



Do you have an interesting job to talk to our students about?

Every Friday between 8.30am and 9am, we invite a local person to come in and talk about the job they do. These Employer Talks are designed to inform, and inspire, our students about the world of work. If you, or someone you know, would like to come into school and give a short talk (about 15 minutes, with time for questions), please get in touch by emailing careers@bristolfreeschool.org.uk.



Coming up...

22 November: Youth work

29 November: Savills (real estate)

**13 December: Bristol City FC
(professional football)**

COMMUNITY AND ANNOUNCEMENTS



GIRLS TAKE YOUR GAME TO THE NEXT LEVEL

THE FLYERS COMMUNITY HUBS
ARE A GREAT WAY FOR
ASPIRING BASKETBALL PLAYERS
TO PLAY MORE BASKETBALL
AND TAKE THEIR GAME TO THE
NEXT LEVEL UNDER
THE WATCHFUL EYES OF OUR
TEAM OF QUALIFIED AND
EXPERIENCED COACHES.

**FLYERS
BASKETBALL
COMMUNITY
HUB**

**BECOME
A BETTER
BALLER**

DATE	SUNDAY NOVEMBER 3RD - SUNDAY DECEMBER 22ND
LOCATION	EASTON LEISURE CENTRE, BS5 0SW
TIME	9AM - 10AM
PRICE	£4.50 PER SESSION *FULLY FUNDED SPACES AVAILABLE THROUGH PROJECT TAKE OFF
SCHOOL YEARS	3 - 11

 0117 9630 683

TO BOOK



Free support sessions

Bristol Parent Carers offer a range of free support sessions designed to support parents and carers of children with SEND. It's easy to book - [click here!](#)



Join us for free information and support sessions covering a variety of topics both in person and online. Or pop along to a peers support session (children welcome!) to find hints and tips on how best to support your family. No diagnosis is needed to access these sessions.

PEER SUPPORT SESSION ONLINE



NEW

PEER TO PEER SUPPORT WITH BRISTOL PARENT CARERS.

JOIN US FOR A WARM AND WELCOMING ONLINE SUPPORT SESSION WITH PARENT CARERS.



Transport-Home to School Travel Rights

WITH BRISTOL PARENT CARERS AND GELDARDS SOLICITORS



geldards



Epilepsy Peer Support Session

WITH BRISTOL PARENT CARERS AND YOUNG EPILEPSY



An introduction to Makaton

WITH BRISTOL PARENT CARERS AND ALI PENNINGTON



Supporting your young carer

WITH BRISTOL PARENT CARERS AND CARERS SUPPORT CENTRE



Transition to adulthood - Financial Planning

WITH BRISTOL PARENT CARERS AND RHIANNON GOGH



How to be a strong advocate for your child

WITH BRISTOL PARENT CARERS AND LISA BAKER-MURRAY



Peer support sessions Greenway Centre & Inns Court

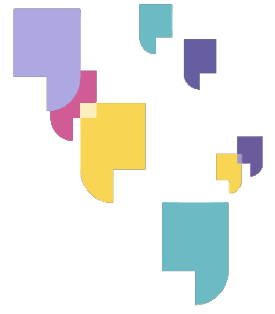


BOOK NOW



Schools and Colleges Early Support Service:

Parent and carer live webinars



Dear Parents and Carers,

We would like to invite you to attend our webinar series specially tailored for parents and carers of adolescents.

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?
- Emotional based school non-attendance (EBSNA) - practical tips and strategies to support your young person
- 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
- Adolescent self-harm - how to make sense of it and when to seek support
- Supporting your young person through exam time
- Weathering the storms of strong adolescent emotions - do's, don'ts and when to consider talking to someone
- Building resilience, staying connected and nurturing your relationship with your young person
- Understanding the adolescent brain - strategies to help you understand and support young people's mental health and wellbeing
- Supporting your young person to stay well online
- Supporting young people who experience panic
- Managing adolescent behaviour that challenges - tips and tricks
- Supporting your young person to navigate healthy friendships
- Transitioning to Secondary School - supporting your child with the ending and a new beginning
- Supporting your young person with anxiety before they get their exam results

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

How to support your young person with low mood

Autumn term: Tuesday 17 September 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 and feeling tired or exhausted a lot of the time.

This webinar will offer insight into how to spot the signs and symptoms of low mood, providing understanding of why young people are vulnerable to experiencing low mood and evidence-based strategies to support young people.

Anxiety in adolescence - how can parents and carers help?

Autumn term: Wednesday 25 September 17:00-18:00. Click [here](#) to register.

It is common to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things; for example, talking to new people, going out with friends, or doing their best in exams.

This webinar focuses on what parents and carers can do to help their young people who are experiencing anxiety. The webinar covers common anxieties during adolescence, such as, exam stress, social anxiety and worries about identity and development. It offers advice on how and when to access support for you and your young person. As well as discussing a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Emotional based school non-attendance (EBSNA) - practical tips and strategies to support your young person

Autumn term: Tuesday 1 October 17:00-18:00. Click [here](#) to register.

Feelings of worry and anxiety are something that everyone experiences from time to time. It is not uncommon for young people to worry about school. For some young people, however, that worry can become so significant that they may have difficulties in attending school.

If your young person has high levels of anxiety and is finding it difficult to attend school, they may be experiencing EBSNA. school non-attendance is a term referring to reduced or non-attendance at school by a young person. Rather than the term 'school refusal', the term EBSNA recognises that this avoidance has its root in emotional, mental health or wellbeing issues.

This webinar focuses on young people who have early emerging presentations of EBSNA. It offers advice on how to support your young person, understand the anxiety cycle of avoidance and suggests practical tips and strategies to help your young person overcome their difficulties.

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

Autumn term: Thursday 3 October 12:00-13:00. Click [here](#) to register.

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

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

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

Autumn term: Tuesday 8 October 12:00-13:00. Click [here](#) to register.

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 and carers.

This webinar provides an overview of the risk factors and methods of self-harm. It explores the various reasons why young people may self-harm and offers ideas on how parents and carers can talk to and support their young people. It will also discuss instances of self-harmful behaviour that may require professional support.

Supporting your young person through exam time

Autumn term: Tuesday 15 October 12:00-13:00. Click [here](#) to register.

Tests and exams can be a challenging part of school/college life for young people and their parents or carers. Supporting young people through exams is all about reducing stress, optimising wellbeing and putting good study processes in place. Parents/carers play a vital role in helping their young people maintain a positive outlook in the run-up, during and after exams are over.

This webinar will offer advice around communicating with your young person at exam time, help you to spot the signs of stress and offer you strategies to support your young person in managing exam stress in a healthy way.

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

Autumn term: Thursday 17 October 12:00-13:00. 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. Young people may grapple with their own identity, social relationships, and a need for autonomy. In turn parents face the challenge of being left out, managing their own reactions to strong adolescent emotions, and finding different ways of connecting with their young people.

This webinar provides an overview of the changes that adolescents go through, why they may experience emotional shifts and how these are linked to processes in the brain. It also offers ideas and advice around how to support young people with their strong feelings.

Building resilience, staying connected and nurturing your relationship with your young person

Autumn term: Wednesday 6 November 17:00-18:00. Click [here](#) to register.

Adolescence is a time when self-esteem, strong feelings and growing autonomy naturally affect the relationship between caregiver and young person.

This requires parents and caregivers to find new ways of connecting with their young people. Parents and carers may feel left out, worried, and they may experience a sense of loss over the relationship that they used to have with their young person when they were younger.

This webinar offers ideas on how to maintain and build trust with your young person, how to stay connected and how to nurture your relationship with them.

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

Autumn term: Tuesday 12 November 12:00-13:00. Click [here](#) to register.

Scientists have discovered that our brains physically change in response to our experiences throughout our lives. Adolescence is a time of significant brain development as young people begin to engage more independently with the world around them.

This webinar provides an insight into the stages of brain development through early childhood, adolescence and into adulthood. It considers 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.

Supporting your young person to stay well online

Autumn term: Tuesday 19 November 17:00-18:00. Click [here](#) to register.

Many young people spend time online - this can bring lots of opportunities, but it can also be difficult for young people to know how to stay well when they are online.

This webinar will explore how parents and carers can support their young people to stay well online. We will consider the importance of modelling good online behaviour, boundary setting and the impact of screen time on sleep. We will also offer suggestions around how to support your young people to stay safe online, with signposting for further support if you are concerned.

Supporting young people who experience panic

Autumn term: Thursday 21 November 17:00-18:00. Click [here](#) to register.

Everyone experiences feelings of anxiety and panic at certain times, it's a natural response to stressful or dangerous situations. For lots of young people, panic attacks can appear to start for no reason or without any warning signs. When a young person has a panic attack, it can feel scary and overwhelming but there are ways to stay in control and feel better. This webinar will help you to recognise situations where a young person may experience panic and offer you helpful strategies to support the management and feelings of intense fear and anxiety in a healthier way.

Managing adolescent behaviour that challenges - tips and tricks

Autumn term: Tuesday 26 November 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 young people who may increasingly not want to hear any advice that their parents have to offer.

This webinar provides an overview of adolescent development, including common challenging behaviours during adolescence. It discusses different caregiving styles and offers tips for parents and carers on how to approach and discuss challenging behaviour with young people, and how to set boundaries.

Supporting your young person to navigate healthy friendships

Autumn term: Thursday 28 November 12:00-13:00. Click [here](#) to register.

During adolescence, friends will become an increasingly important part of our young person's support network, but it can sometimes be hard for young people to know how to maintain healthy friendships, and what to do when difficulties arise.

This webinar explores ways that you can support your young person to develop healthy friendships, including the importance of modelling healthy friendships and active listening. We will also consider the importance of supporting friendship opportunities, and how to help them navigate peer pressure.

Transitioning to Secondary School - supporting your young person with the ending and a new beginning

Summer term only

The move from primary school to secondary school can feel both exciting and overwhelming for your young person. This webinar explores ways that you can support your young person during this period of change.

Top tips will be shared to help you to consider the challenges and opportunities that may arise during this transition, how to spot when your young person may be struggling and strategies to help you to support your young person.

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

Summer term only

Exams and the period leading up to exam results can understandably feel quite stressful for many young people and their families.

This webinar explores ways in which you can support your young person with feelings of anxiety before results day. We offer top tips from our young champions and healthy coping strategies that you can use to support both your own and your young person's mental wellbeing.