

YEAR 7 PARENT SEMINAR

We will be running an evening seminar here at the Academy as part of our Community Programme led by our school counsellor, Julie Johnson, on Thursday 11th March from 6.00-8.00pm.

The workshop has been specifically designed for Year 7 parents only and will focus on dealing with the lifestyle changes of primary/secondary school transfer and the teenage years of your son/daughter. Julie will also discuss setting behaviour boundaries with young people as well as sharing with you the latest research about teenagers – how their brains develop and the affect it has on their behaviour.

We would like to invite any Year 7 parent who is interested, to come along to this seminar as it could help you manage what can sometimes be an awkward or unsettling period in your son/daughter's life. We are confident that Julie will send you home with some useful strategies to support your son or daughter.

The seminar will cover:

Managing the teenage years

Children are growing up quicker and earlier than ever before; we used to think of adolescence as when children turned 13, but with puberty now beginning as young as 8 for 1:6 girls and 10 for some boys we may see adolescent behaviour long before they are 13. The areas we will discuss are:

- How to manage those years
- How children and young people feel about these years
- Seeing adolescence as a process, a rite of passage and a time of loss and change
- Why are they beginning the journey earlier
- The positive aspects of this journey, our fears and expectations
- Why are they so 'weirdo' – the latest neuro-science on the adolescent brain and how it affects behaviour, sleep etc
- Discipline and boundaries, peer pressure, keeping the lines of communication open

If you would like to attend please contact Clare Sallah in the Main Office on 020 8877 0357 to book your place or request more details on the seminar.

Refreshments will be served during the seminar.

