

**Supporting Parents  
Supporting Pupils**

## **WILLIAMWOOD HIGH SCHOOL PARENT CONFERENCE**

**TUESDAY 2<sup>nd</sup> OCTOBER 2017**

This year, sessions offered to parents are in three categories:

- **Skills for life, learning and work: Information sessions for parents**
- **Health and wellbeing: Information sessions for parents**
- **Building resilience: Practical sessions to promote relaxation**

The sessions are designed to support you as parents to gain knowledge and/or experience of a variety of areas that will help you to support your child(ren) in a fast-moving and often complex and stressful world.



Parent Conference 2018

## Developing skills for life, learning and work

### Reading Recovery – a guide to helping reluctant readers

Facilitator: Niall Mackay, Principal Teacher of Development (Literacy)

This session offers information about our strategic reading interventions in school. There will also be guidance in strategies to help students improve their reading skills.



Parent Conference 2018

## Developing skills for life, learning and work

### UCAS/college applications – A guide to further and higher education

Facilitator: Chris McKenna, Principal Teacher of Pupil Support

Everything you need to know about applying for university and college: entry requirements, applications, personal statements, references and how the school will support your child through the application process.



Parent Conference 2018

## Developing skills for life, learning and work

## My World of Work - A guide to the careers website tool

## Facilitator: The My World of Work ambassadors

The My World of Work website allows students as young as primary enter their details and complete activities to help them decide upon a career. Our school is lucky to have some student ambassadors for the website who will help show parents the wide range of services provided by the website.



## Parent Conference 2018

## Developing skills for life, learning and work

Apprenticeships – A guide to new routes and pathways for young people

Facilitator: Sharron Rodgers, East Renfrewshire Council (Developing the Young Workforce)

Everything you need to know about the a variety of apprenticeship types and how these provide a route to employment, further education and higher education.



Parent Conference 2018

## Developing skills for life, learning and work

### Skills Development Scotland - Options Post 16

Facilitator: Shona Curran, Careers Coach

Careers advice and guidance, including an introduction to the school careers advisor, SDS and My World of Work, as well as an interactive session on post-school options and a Q&A session.



Parent Conference 2018

## Developing skills for life, learning and work

### SCHOLAR

Facilitator: Harry Hughes, SCHOLAR Area Coordinator

Experience some of the revision materials provided by SCHOLAR covering a range of subjects such as English, modern languages, physics, chemistry, biology and mathematics. Delve into learning materials and activities provided for teachers and students across Scotland. This workshop will help to familiarise you with the SCHOLAR learning environment and the facilities provided to help support your child's learning in S4-S6.

The collage consists of six images arranged in a grid:

- Top Left:** An orange circular icon featuring a white graduation cap silhouette.
- Top Middle:** A green graphic titled "STUDY SKILLS" with a list of study techniques including: Context Scan, Scan, Participate, Skim, Read, Index, Groups, Library, Mnemonics, Preread, Mnemonics, Visual, Graph, Review, Internet, Flowchart, Mnemonics, Flashcards, Success, Write, Notetaking, Concentrate, Learning Styles, Notebooks, Outlining, Listening, Summarize, Index, Scan, Organize, Draw, and Learning.
- Top Right:** A dark blue silhouette of a person wearing a graduation cap.
- Bottom Left:** A white graphic with a collage of words related to study skills: academic, planning, support, grammar, writing, questions, exams, explain, referencing, presentations, pass, question, understand, notes, citation, rules, guidance, essay, skills, describe, key, critical, study, and words.
- Bottom Middle:** A close-up image of a green book with the word "STUDY" printed on it, with a keyboard visible in the background.
- Bottom Right:** A graphic featuring a desk lamp illuminating a stack of papers with the text "LIGHT UP YOUR STUDY SKILLS".

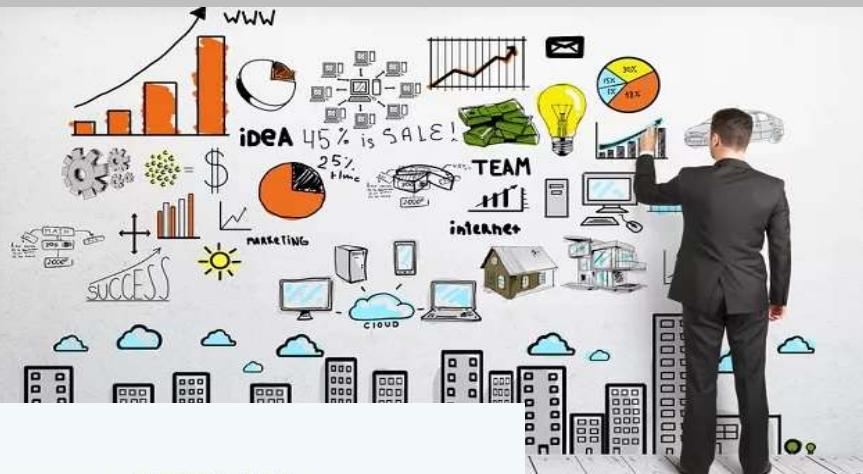
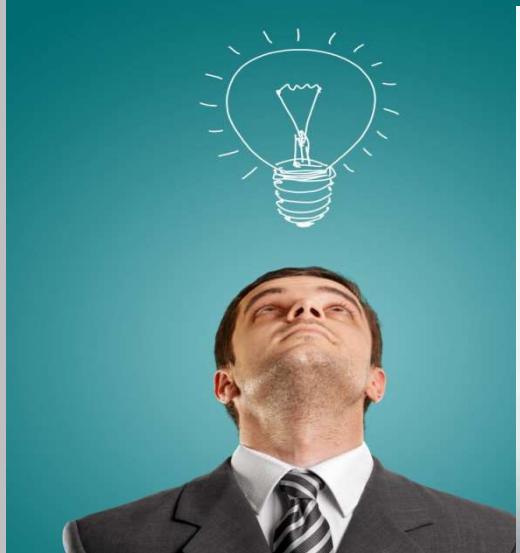
Parent Conference 2018

## Developing skills for life, learning and work

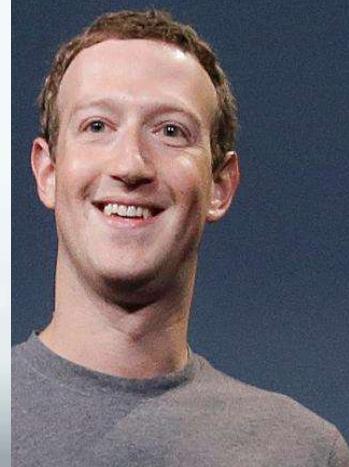
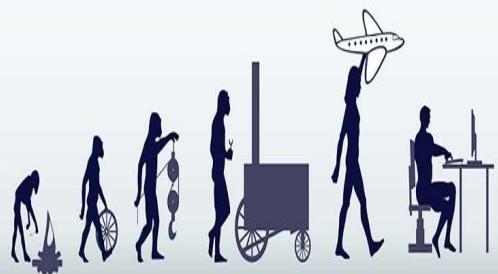
### Entrepreneurship and skills for life

Facilitator: Khanzada Mubbasher

What are the key skills for employability? In a changing marketplace, our young people will need to be adaptable to remain employable. This workshop will be a discussion of entrepreneurial ideas and also how this type of thinking can help students now and in the future.



WHAT IS AN ENTREPRENEUR?



Parent Conference 2018

## Health and Wellbeing

### Internet Safety

Facilitator: PC Angela Mitchell – Campus Police Officer

As your child grows and becomes more independent, it is only natural that they take this independence online. In our teenage years we explore, try new things, push boundaries and take risks. This is an essential part of growing up. With all of the potential that the online world and new technology offer, young people now have access to huge opportunities. They use technology to express themselves, explore, and be creative; it has changed the way they communicate. The internet has changed all of our lives, and your child has grown up during this change. Many of the things that confuse, baffle or even scare us, are part of the everyday for them. You might wonder whether your child is safe online and how you can be as good a parent online as you are offline.



## Health and Wellbeing

### Growth Mindsets

Facilitator: Dr J Moeller

Based on the work of Carol Dweck, the growth mindset approach approaches education, and other life goals in a positive way. This session will provide an introduction to the approach and will suggest some strategies which can help young people to continue to believe in themselves.



## Health and Wellbeing

## **Bullying - You can make a difference**

**Facilitator: Mr A Muirhead, Principal Teacher of Pupil Support and trainer with RespectMe, Scotland's Anti-Bullying Service**

Children and young people have often gone through a lot of upset before they come forward and tell someone about it.

- What is bullying behaviour?
- What signs should you look out for?
- How should you respond?

Bullying is a worry for all parents and carers. This practical workshop will help address the above questions, providing parents and carers with practical tips and suggestions.



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## Health and Wellbeing

### Mindfulness

**Facilitator: Mr Ravi Ramanujam, Principal Teacher of RMPS**

Mindful Meditation is a powerful method of improving cognitive function, feelings of well-being and the health of the body. This session will provide you with a range of easy-to-use methods that can be used to maintain and improve your mental and physical health and to support those who are dealing with stress and anxiety.



Parent Conference 2018

## Building Resilience

### Relaxation through Hypnotherapy

**Facilitator: Ms V Martin, Principal Teacher of BICT and Psychology**

One of the simplest and most important things you can do to improve your overall health and wellbeing is to undertake regular deep relaxation. People from all walks of life and all backgrounds are finding that the pace of modern life does not leave them with enough time or space – enough “room to breathe”. As parents we are all under constant demands and stress. This session will offer a deep relaxation hypnotherapy session to provide you with an opportunity to discharge built-up pressure and to learn how to take greater care of yourself and your health through deep relaxation.



Parent Conference 2018

## Building Resilience

### Clay Heads

**Facilitator: Miss M Halliday, Principal Teacher of Art and Design**

We would like to offer a workshop which introduces adults to clay sculpting. This activity will engage the learner in creating three-dimensional form, working from a two-dimensional image. The participant will create shape and form through the medium of clay, exploring facial features and proportion.

This activity is both creative and interactive. Participants will work on a small scale, building in stages each section of the human head, creating facial expressions and decorative elements.



Parent Conference 2018

## Building Resilience

### Kitchen Therapy

**Facilitator: Mrs H McKelvie, Principal Teacher of Food & Textile Technology**

“Cooking from scratch is the single most important thing we can do as a family to improve our health and general wellbeing.” *Michael Pollan*

It is widely recognised that cooking can be a therapeutic experience which can be used as a tool to combat stress, anxiety, depression and other mental health issues. This session allows parents to enjoy a short practical cookery lesson in a relaxed environment.



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## Building Resilience

### Mindful Crafts

**Facilitator: Mrs H Rogers, Teacher of Food & Textile Technology**

Crafts such as knitting, crochet, cross stitch and embroidery are known to improve mood, cognitive function and overall wellbeing. Crafting is thought to be particularly beneficial because you give several areas of the brain a work-out, including those areas responsible for problem solving, concentration and creativity.

This session will allow parents to spend some time immersed 'in the moment', giving them the opportunity to develop their existing craft skills or try out something new.



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## Building Resilience

### Origami

**Facilitators: Mr J Mackie, Teacher of Learning Support**

Come along and try your hand at the ancient art of origami. A fantastic stress reliever, it also helps with developing hand-eye coordination, fine motor skills and mental concentration.



Parent Conference 2018

## Building Resilience

### Chess

**Facilitators: Ms M Burns, Teacher of Learning Support**

The Williamwood Chess Club continues to go from strength to strength. Come along to hear about the mental health benefits of the sport and also, gain some guidance in the sport from some dedicated student helpers.



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