

# Eastwood High School Parental Health and Wellbeing Event



T H E  
D I A N A  
A W A R D



**POLICE  
SCOTLAND**



7.00 pm- 8.40 pm  
Tuesday 10th  
March 2020

# Managing Anxiety In Young People

Wendy Jenkins, Pupil Support Teacher will give an introduction to supporting young people who are suffering from anxious feelings with practical ideas and strategies you can use at home

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Mindfulness

## Craft - weaving

Workshop led by Gayle Hanvidge, Fashion and Textile Teacher. Weaving is a therapeutic craft for relaxing and de-stressing. Learn how to hand weave a small, colourful wall hanging on a loom. This workshop is suitable for complete beginners and all materials are supplied.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



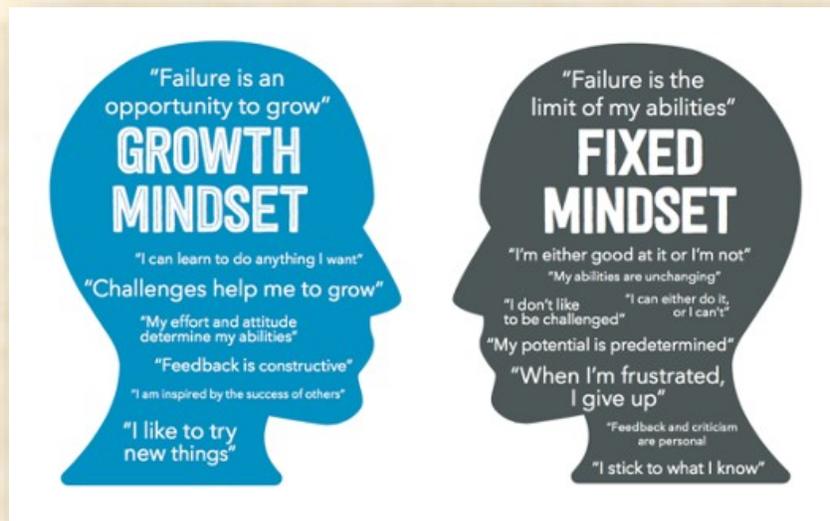
# Growth Mindset

Chris Morris, DHT, will provide an introduction to Growth Mindset, explaining the ideas and research into how having a Growth Mindset can change attitudes to learning, attainment and achievement and how parents can help install a growth mindset in their children.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Healthier Minds

## Promoting Positive Mental Health in Teenagers

Led by Siobhan Drummond and Chris Atherton, Education Psychologists. This workshop will focus on the theme of resilience and explore approaches parents can use to promote resilience and positive mental health.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm

HEALTHIER MINDS



# Internet Safety and Awareness (social media)

PC Karen Gallagher, Campus Police Officer will share useful information and tips to help you keep your child safe online and advice on what to do when you have concerns.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Sexual health and contraception

Dr Emma Douglas, GP, will provide an overview of the different methods of contraception and sexual health including STIs and services available for adolescents to access. The workshop will include information for parents to consider and how to initiate a conversation around these areas. It will also cover relationships and consent and the importance of parents discussing this with their teenagers.

Workshop times:

7.00 pm - 7.40 pm



# Healthy Eating - Cooking Workshop

Pam Miller - Health Food, Fashion Textile Technology Teacher and Lorraine Boyd, School Canteen Manager will lead this practical food workshop with a focus on making a nutritious, vegan dish which is high in protein and packed full of flavour. Information also provided on how various dishes served by school canteen meet current dietary advice. Pupils are encouraged to attend this workshop with their parents.

Workshop times:

7.00 pm - 7.40 pm



# Managing Teenage Behaviour. Home School Partnerships

This workshop is led by Ross Williams, PT Pupil Support (Behaviour). Ross will provide strategies and advice on how manage challenging behaviour and promote positive behaviour in school and at home.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Pathways to Staying Active

Tony Bryson, Active Schools Coordinator, leads this workshop with an information and question session on extra curricular sports and competition opportunities available to pupils. He will also provide tips and advice on how to increase physical activity levels for those not interested in joining clubs or teams.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Exam Stress and Resilience

Workshop led by Kate Mercer, RAMH support worker. An opportunity to learn about how to support your child through stressful times (ie exams) and to build resilience and promote mental wellbeing.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Responding to Bullying

Pauline Rorison, PT Pupil Support, along with our Anti-Bullying ambassadors present a workshop for parents relating to what constitutes bullying, how to support your child if they are a victim of bullying or have displayed bullying behaviour and how to deal with online bullying situations.

Workshop times:

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm



# Impact of sleep and strategies to improve sleep

We know that good sleep is vital for children, teenagers, and families to flourish. When children get a good nights sleep they come to school with improved motivation, focus and are ready to learn.

If your child is struggling to sleep it can be exhausting for them and for the whole family.

Ms Bethany Williams, PT pupil Support, will provide you with useful tips and advice to help you support your child to get a better nights sleep.

**Workshop times:**

7.00 pm - 7.40 pm

8.00 pm - 8.40 pm

