

## **WILLIAMWOOD HIGH SCHOOL PARENT CONFERENCE 2016**

*Supporting Parents, Supporting Pupils*

### **Mindful eating**

Facilitator: Dr Joanne Moller

Stop obsessing about food and weight. Break free from diets, self-judgement and guilt. Find peace in your relationship with food, your body and yourself.

### **Mindfulness for success in education**

How to help your children improve their performance and feel better.

#### Facilitator

Mr R Ramanujam, Acting Principal Teacher of Religious, Moral and Philosophical Studies

There is a growing body of evidence regarding the benefits of mindfulness and meditation.

This session will provide parents with:

- information about the benefits of mindfulness for learners based on scientific research
- advice about how parents can support their children in developing the skill of mindful meditation
- a chance to have a go at mindful meditation

### **Foundations of success**

Target audience: S4-S6 parents

Facilitator: Brain Costello of Head Strong

Objectives:

- Address the psychology of study with parent group
- Call out and adapt or remove negative parenting strategies such as sibling pressure, carrot/stick strategies etc.
- Discuss behavioural patterns and how to spot them

## **The importance of sleep for emotional and physical wellbeing**

### Facilitator

Miss Kristina Azubalyte, Educational Psychologist

Getting a good night's sleep is as important as healthy eating and exercising. Teenagers' emotional and physical health are directly affected by the amount of sleep they get, but many fail to get the hours of sleep they require. Sleep deprivation has been linked to impaired learning and depression.

During adolescence many students find it harder to settle at night and struggle to wake up in the morning. This workshop will help address some questions about sleep problems, providing parents and carers with practical tips and suggestions to help their adolescents to sleep better.

- What is sleep and why do we need it?
- What happens when we do not sleep?
- What affects the quality of sleep?
- How can you ensure a good night's sleep?

## **Social media – A guide to keeping safe on the internet**

### Facilitator

To be confirmed

This workshop will help parents to feel confident in the safe use of social media and will examine practical strategies to keep your child safe.

## **A parent's guide to navigating the teenage years**

### Facilitator

Carolynne McKendry, Health & Wellbeing Development Officer, Education Department and Scotland's Mental Health First Aid Trainer

This workshop will give us the opportunity to discuss the following together – sharing what works well and how we can communicate with love, respect and success:

- How can I tell the difference between typical and concerning adolescent behaviour?
- How can I stop fighting with my teenager?
- Why do I never know the right thing to say?
- What do I want them to know?

## **Stress and anxiety - Helping your teenager to cope**

### Facilitator

Chris Atherton, Educational Psychologist

All teenagers experience stress and anxiety at some point but how they cope with that stress can determine the impact it has on their wellbeing and resilience. This session will focus on:

- understanding stress and anxiety
- identifying signs of stress in your teenager
- practical strategies for helping your child to cope with stress and anxiety

## **Sexual health – Parents talking to teenagers**

Sandyford Clinic: Robina Simpson

Information and advice for parents on the recently launched our parents@sandyford website.

## **Skills Development Scotland – Options post - 16**

Facilitator: Gina Kelly, Careers Coach

Careers advice and guidance– Introduction to school careers advisor, SDS and My World of Work. Interactive session on post school options and Q&A session.

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

### Facilitators

Marc Falconer, Principal Teacher of Pupil Support

Chris McKenna, Principal Teacher of Pupil Support

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

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

### Facilitator

Linda Clinton, East Renfrewshire Council (Developing the Young Workforce)

Everything you need to know about the new modern apprenticeships and how these provide a route to employment, further education and higher education.

## **Foundation Apprenticeship Programme**

Facilitator: Frank Quinn

A briefing on the Foundation Apprenticeship Programme being offered by the Glasgow regional colleges. This is a programme typically targeted at S4/S5 students who are intending to stay on at school until the end of S6.

## **The SAPHIR Programme**

### Facilitators

Helen Salt and Cameron Shearer

Resource3 Ltd in partnership with Bright Yellow Thinking Ltd has developed the SAPHIR Programme to provide real world experience to help prepare students for the world of work.

The content includes:

- an insight into the current job market
- real life examples of modern candidate selection techniques in the private sector
- techniques to boost candidate confidence
- job-search skills
- application and CV preparation using current templates
- preparation for interview
- interview skills and techniques
- participation in mock assessment centres
- coping with rejection and making the most of success

## **SCHOLAR– online independent and interactive study resource**

### Facilitator

Harry Hughes, SCHOLAR Area Coordinator

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