

WILLIAMWOOD HIGH SCHOOL PARENT CONFERENCE

TUESDAY 3RD 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.



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.



Developing skills for life, learning and work

Skills Development Scotland

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.



Developing skills for life, learning and work

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.

Developing the Young Workforce

MA
Modern Apprenticeships

From Skills Development Scotland

What employers say about Modern Apprenticeships

Improving the workforce	Improving the individual	Meeting organisational needs
96%	92%	76%
96% say apprenticeships help to develop a competent workforce	92% say apprenticeships help to develop individual skills	76% say apprenticeships help to develop the skills of the workforce
84%	82%	84%
84% say apprenticeships help to develop a more skilled workforce	82% say apprenticeships help to develop individual skills	84% say apprenticeships help to develop the skills of the workforce

Reasons for apprenticeship uptake

Employer needs	Employee needs
88%	89%
88% say apprenticeships are important for business growth and development	89% say apprenticeships help to develop individual skills
89%	89%
89% say apprenticeships help to develop a competent workforce	89% say apprenticeships help to develop individual skills
50%	91%
50% say apprenticeships help to develop a more skilled workforce	91% say apprenticeships help to develop individual skills
88%	88%
88% say apprenticeships are important for business growth and development	88% say apprenticeships help to develop individual skills

MENTOR
EDUCATION
WORKSHOPS
ON THE JOB

Developing skills for life, learning and work

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.



Developing skills for life, learning and work

Foundation Apprenticeships

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 image displays four distinct promotional banners for Foundation Apprenticeships, each with a different color scheme and design, but all sharing a common theme of career development and application.

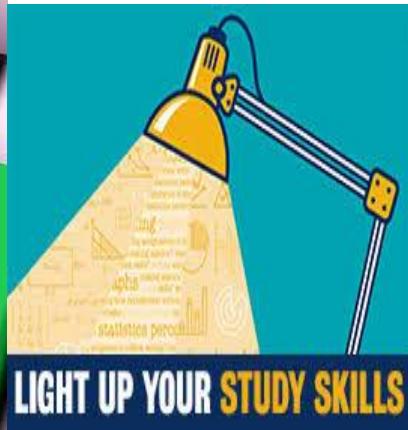
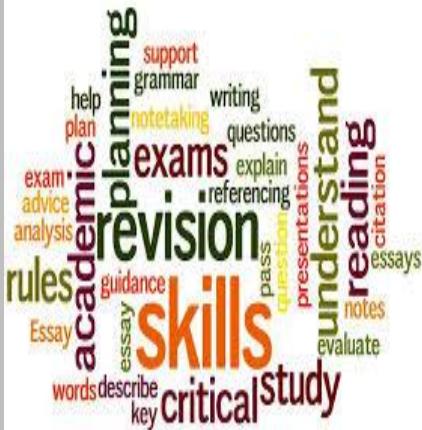
- Top Left (Grey):** Features the Skills Development Scotland logo in a dark blue box. Below it, the text "FOUNDATION APPRENTICESHIPS: GET A HEADSTART IN YOUR CAREER" is displayed in a stylized, layered font. The background is a light grey.
- Top Right (Orange):** Features the text "FOUNDATION APPRENTICESHIPS" in large orange letters, followed by "GET A HEAD START IN YOUR CAREER" in a smaller orange font. The background is orange.
- Bottom Left (White):** Features the text "FOUNDATION APPRENTICESHIPS" in large red letters. Below it, a green box contains the text "Applications are now open for the Foundation Apprenticeship Programme". To the right, a large "APPLY NOW!" button is shown in a blue font. The background is white with a collage of small images related to apprenticeships.
- Bottom Right (Teal):** Features the text "FOUNDATION APPRENTICESHIPS" in a slanted teal font, followed by "GET A HEAD START IN YOUR CAREER" in a larger black font. The background is teal.

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.



Health and Wellbeing

Stress and anxiety - Helping your teenager to cope

Facilitator: Ainsley McGoldrick, 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



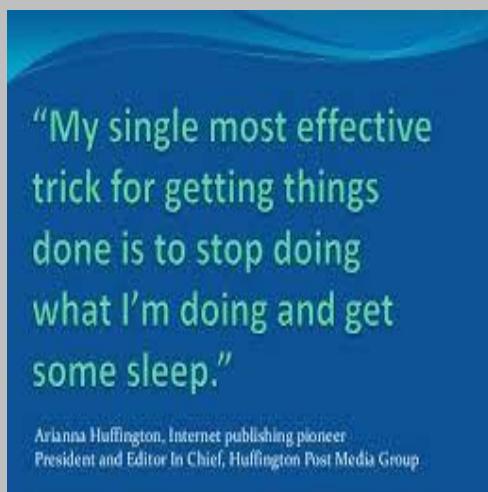
Health and Wellbeing

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 to depression.

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



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.



Health and Wellbeing

Growing up online

Facilitator: Mrs N Penman, Principal Teacher of Pupil Support

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

Mindfulness

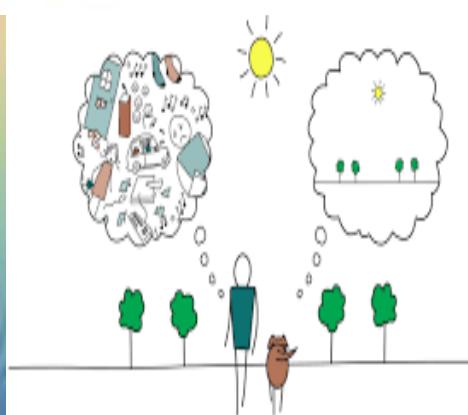
Facilitator: Mr Ravi Ramanujam, Principal Teacher of RMPS

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.



“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”

Jon Kabat-Zinn



Mind Full, or Mindful?



Health and Wellbeing

Mindful Eating Workshop

Facilitator: Dr Joanne Moller

Parents and schools recognise the importance of establishing healthy lifestyle habits in children. However, our society's preoccupation with perfection, whether it's the 'perfect body' or being the best in school or sports, can lead a young person into a constant struggle with low self-esteem and poor body image.

In this presentation I will discuss the dangers of dieting and excessive exercising for our and our children's mental and physical health and wellbeing and why it is so important we counter the societal pressures to diet. This session aims to introduce you to a non-diet, mindfulness-based approach that fosters life and self-management skills around healthy eating, being active for energy and fun, optimal growth and feeling good.

Mindful Eating
www.eatingmindfully.com

Observe
Notice your body. (rumbling stomach, low energy, stressed out, satisfied, full, empty)

Savor
Notice the texture, aroma, and flavor. (Is it crunchy, sweet, salty smooth, spicy?)

Nonjudgment
Speak mindfully and compassionately. Notice when "shoulds," rigid rules or guilt pop into your mind.

In-the-Moment
Be fully present. Turn off the TV. Sit down. When you eat, just eat.

Aware
Tasting vs. mindless munching

Don't hurry

Cook and eat in a good mood

Feel the taste of food

Soft, relax music

Drink more water

Respect your body and health

Sit at a real table

Not multitasking

Eat your favorite food last

Mindful Eating

mindful eating

hunger connection SAVOR around connection INTUITIVE indulge bite bite mind meal

Mindful Eating changes everything

A close-up photograph of a variety of berries, including blackberries and raspberries.

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.



Building Resilience

Walking, Talking and Drawing

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

We would like to offer a workshop which introduces adults to landscape sketching. This outdoor activity will engage the learner in an observational drawing experience, encouraging the participant to consider composition using a viewfinder, to explore foreground, mid-ground and background, and to experiment with focal point, lead in and lead out.

This activity is both creative and interactive. Participants will work outdoors, where they will observe and record their surroundings, taking time to reflect and respond in a personal way, gaining a new perspective on the landscape surrounding them.



Building Resilience

Clay Heads

Facilitator: Miss F Cook, 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.



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.



Building Resilience

Mindful Crafts

Facilitator: Mrs H Rodgers, 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.



Mindful Crafts

Mindful Crafts



Mindful Crafts



www.shutterstock.com · 427872451

Building Resilience

Gospel choir

Facilitators: Mrs C Selbie and Miss J Lyndsay, performing arts faculty

“I don’t sing because I am happy; I am happy because I sing.” *William James*

Singing in a choir is more than just a bit of fun. It's been scientifically proven to be beneficial for your health, getting more oxygen into the blood, increasing the flow of feel-good hormones and improving mental health. There are lots of other benefits from joining a choir, such as social interaction, the chance to make new friends and the opportunity to meet others who have an interest in music.

So, if singing makes you feel good, and improves your health, why not join in?

**Singing
makes
you
happy**



Building Resilience

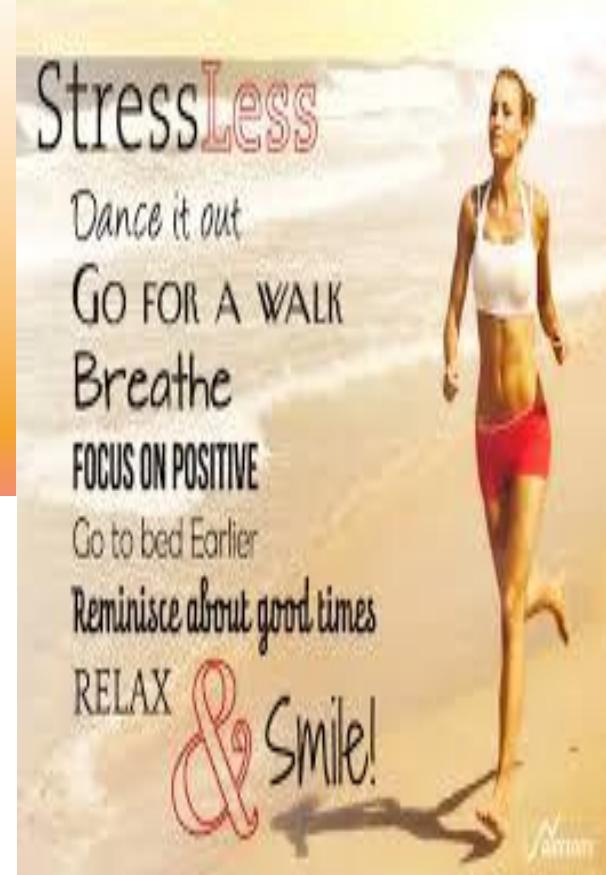
Stretch class

Facilitator: Mrs L Carswell, teacher of dance

De-stress your body and mind with this gentle stretch and relaxation class. Using movement and stretches inspired by yoga and dance this class is suitable for all abilities, regardless of flexibility!



Breathe. Stretch. Relax.



Stress **Less**

Dance it out

GO FOR A WALK

Breathe

FOCUS ON POSITIVE

Go to bed Earlier

Reminisce about good times

RELAX **&** Smile!

Building Resilience

Badminton

Facilitators: PE Staff

Come along and try your hand at badminton and relieve the stresses of your day! No experience is necessary. Choose between singles or doubles games and enjoy the social aspect of sport through mingling with your fellow parents in a relaxed and enjoyable environment. Play competitively or at your leisure! All welcome.



Building Resilience

5-a-side football

Facilitators: PE Staff

The PE department will be offering a 5-a-side football tournament on the evening of the parent conference. This is a great way to interact socially with others and release some competitive energy (not too competitive though!).

