

Dear Parents/Carers,

As previously mentioned, we have planned an exciting, informative and interactive evening for S3 Parents/Carers to help you to support your child as they enter the Senior Phase.

**This event is taking place on Thursday 7<sup>th</sup> February from 6-8pm.**

You will have the opportunity to attend three workshops out of the following options:

<b>GIRFEC @ Lourdes</b>	If something has got in the way of your child's learning, we want to help. This session will provide information on the extensive range of supports available to pupils of Lourdes Secondary.
<b>Teenage Anxiety</b>	Anxiety is now becoming the major health concern for our teenagers. Although there are many things that contribute to this, few parents know what they can do to help. In this short workshop teen expert Brian Costello will give you some insight into how anxiety is made and, more importantly, what you as a parent can do to help.
<b>Study Skills</b>	Learn more about the perfect studying environment and experience first hand different study strategies and techniques to help your child prepare for exams and assessments.
<b>Understanding the Teenage Brain</b>	This workshop will take you through the changes in the brain in adolescence, the impact it can have on thinking and behaviour and discuss the ways you can support your child during this time
<b>Bullying</b>	Key areas covered by this workshop will include: <ul style="list-style-type: none"><li>• Understanding bullying as an online risk and what young people can do to keep themselves safe</li><li>• How parents/carers can support their children if they are affected by bullying behaviour – online and offline</li><li>• What parents and carers can do to prevent bullying behaviour</li></ul>
<b>School Refusal</b>	This workshop will look at reasons as to why school refusal occurs and interventions our school take to help and support our young people
<b>Digital Safety</b>	A workshop exploring online safety and ways that parents can support young people with this.

All workshops are available in every workshop slot, therefore there are three potential slots to attend a workshop.

A reminder that the format of the evening is as follows:

6.00 – Introductions and Welcome

6.10 – 6.40 – Workshop 1

6.40 – 7.10 – Workshop 2

7.10 – 7.30 – Refreshments

7.30 - 8.00 – Workshop 3

You are free to come to however many workshops as suits your schedule, within the time frame. To secure your place at a workshop please go to <https://parents-booking.co.uk/lourdes>

**To login you will need to enter:**

- Your first name and surname (of main contact)
- Your child's first name, surname and date of birth

Once logged in, simply select the workshop you wish to attend, and which time and click "Book Event".

Support videos for the events booking process are available on our School Twitter, School App and on the School Website.

**Booking opens on Monday 28<sup>th</sup> January 2019 at 7.00pm and closes on Monday 4<sup>th</sup> February at 4.00pm.**

A confirmation of your bookings will be emailed to you, but **we also recommend you screenshot or take a picture of your bookings once completed.**

Should you have any problems with making bookings then please do not hesitate to contact Mrs Hughes or Mrs Connor via the School Office.

We look forward to welcoming you to this event, and trust you will find it an extremely worthwhile experience.

Yours Sincerely,

Deborah Connor

PT Parental Engagement