

PARENTS' INFORMATION EVENING

Agenda

Thank you all for attending tonight and we are sorry it is not in person.

- The first part of the evening is here with the Form Tutor where there will be a presentation on daily life at WHSG
- Afterwards you will join a webinar with Mr Booth, your child's Head of Year Ms Khan and the Assistant Headteacher; responsible for Student Support Mrs German.

There will be time for you during the presentation to put questions in the chat. We will try to answer them or do so after the event.

Please note that tonight we are sharing information and not to discuss individual students.





Year 10 Parent Information Evening 2021

Form Tutor Presentation

Key Information



- The Form Tutor is your first port of call. You can contact me via email.
- Attendance and punctuality are very closely linked to academic success and achievement.
- A reminder:
 - a. Punctuality – All students should be in school by 8.20am and be prompt for registration at 8.25am
 - b. A minimum of 97% attendance is expected.
 - c. Absence during school time cannot be authorised unless there are very exceptional circumstances.
 - d. Requests for authorised absence must be made in writing in advance to the Head Teacher.

Key Information



e. If your child has to leave school for a hospital, doctor or dental appointment, please send an email to the school giving 24 hours notice. We are unable to let a student in Years 7 – 11 leave school without prior knowledge as it is a safeguarding issue.

Please advise in your email whether your child is being collected by a parent or carer. If you are not collecting your child, **please give your permission for them to leave school on their own in the email.**

f. Please do not send your children into school if they are genuinely unwell. More important that they recuperate at home. They will not be expected to work at home while they are unwell. If they are well enough to work at home, they should be in school!

g. No student in Years 7 - 11 may go out of school during the lunch break.

h. The Punctuality Policy changed a year ago. Details are in the Attendance Policy on the school website

i. Being on time to lessons is crucial

Routines and Structure



- By now they should have some idea as to what works for them in terms of schools routines, but it doesn't hurt to revise these at the beginning of a new academic year and a new key stage
- Key thing is having **structure and established routines** which they try to stick to as much as possible
- Academics are important, but we want **healthy, happy, well-rounded** young people and having structure is important in achieving that
- This will prove to be a challenging couple of years for both you and your children. We are here to support our students and their families.
- Simple, everyday routines and practices will have a huge impact on their general wellbeing.
 - eating regular meals- if possible, in a communal setting
 - going to bed at a regular time
 - taking some exercise on a regular basis
 - trying to limit screen time- especially before bed
 - having a work schedule which allows for regular breaks
 - engaging with them about school work and life.

What you can do to help



Exam Periods and Testing

- A. Tests and exam periods can be very stressful for students. Encourage your child to keep a positive perspective
- B. Your child's behaviour may be challenging during this time and they may push boundaries
- C. Ensure that your child is prepared for the test/exam. Talk through where and when it is, what they need to take, etc.
- D. Try to keep to routines and try not to introduce any instability unless it is absolutely necessary.
- E. After an exam, ask how it went, but don't insist on a long post-mortem.

What you can do to help

The Big “S”

- A degree of stress is normal and actually necessary for successfully tackling life.
- If you or your child feels that they are becoming too stressed, encourage them to talk about the underlying issues.
- You know your child best so any marked changes in behaviour are worth checking out
- These may include:
 - Difficulty getting to sleep or waking up
 - Tiredness
 - Poor appetite
 - Loss of interest in things they used to enjoy
 - Headaches and other unexplained aches and pains
 - Irritability and frequent angry episodes
- Remind your child that they have overcome difficulties in the past. Get them to focus on what they have achieved, despite this ‘blip’ and point out that little is achieved without hard work and mistakes being made – it’s part of life and learning and adults frequently make mistakes too.

What you can do to help



Friendship Issues

- *Generally* fewer issues from Y10 onwards
- Put the issue into perspective; is this a falling out that can resolve itself or something more serious?
- Encourage your child to try and resolve minor issues themselves, sometimes having space and time away from a friend is all that is needed.
- Explain that sometimes we may lose friendships due to growing and changing, and this is not always negative.
- Communication with the school when necessary, through the tutor first.

Talk to us



- Communication is key
- Talk to your children, sometimes that's all it might take.
- But if you are worried, please talk to us.