



15th October 2024

Virtual Parental Support Sessions

Dear families,

We are excited to launch our virtual parent support sessions. These virtual events are designed to provide parents with the help, support and guidance on areas that enhance pupil's success both inside school and in their wider lives.

We have based our sessions on the topics that we feel are the most important to both pupils and their families but we will continue to add to our programme throughout the academic year.

Our first session commences next week and focuses on the importance of sleep and the significant impact that this can have on pupils' academic performance as well as their general health and wellbeing.

The session will be held on Wednesday 23rd October and will run from 5.30pm - 6.00pm.

Parent Support Session 1: Sleeping Your Way to Success

Based on Recent research and the BBC's Panorama documentary 'Sleepless Britain'. This session looks at how to get your child into a healthy sleep pattern; strategies to improve the quality of your child's sleep as well as the impact that your child's sleep could be having on their academic progress as well as their physical & mental health and their overall wellbeing.

To access the session, click on the link below:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MmVjMmFmNGYtNDVIMC00MzZlLWFhODAtOTU1M2U4NTZhNTQw%40thread.v2/0?context=%7b%22Tid%22%3a%22dc2301ac-9dcf-41af-92b8-6eead97a5fa4%22%2c%22Oid%22%3a%222f5d12a8-3aa4-4131-bf0f-05a2c872e246%22%7d

If you have any questions about our parental support sessions, please email:

info@stthomasmore.org.uk

Kind regards,

Jessica Harle
Assistant Head Teacher



Virtual Events: Parent Support Sessions	
Date / Time	Focus / Description
Wednesday 23th October [5.30pm - 6.00pm]	Sleeping Your Way to Success Based on Recent research and the BBC's Panorama documentary 'Sleepless Britain'. This session looks at how to get your child into a healthy sleep pattern; strategies to improve the quality of your child's sleep as well as the impact that your child's sleep could be having on their academic progress as well as their physical & mental health and their overall wellbeing.
Wednesday 13th November [5.30pm - 6.00pm]	Promoting Positive Behaviour Nationally parents are seeing a rise in behaviour issues both in school and within the home. Today's session looks at strategies to support your child's behaviour in school as well as tips for promoting positive behaviour at home.
Wednesday 4th December [5.30pm - 6.00pm]	How to Keep My Child Safe Online Children's IT skills are fast outstripping those of many of their parents and carers. This session will look at the risks online and the strategies available to families to protect your child when online as well strategies to promote a healthy relationship with social media and mobile phone usage.
Wednesday 15th January [5.30pm - 6.00pm]	Supporting Your Child's Mental Health & Wellbeing More and more children in society are struggling with their mental health. Today's session focuses on how you can support your child's mental health and positive wellbeing. Through mindfulness strategies to where you can go for support if you are concerned about your child's mental health, today's session focuses on all the things parents need to know to keep their child safe.
Wednesday 19th January [5.30pm - 6.00pm]	Homework Helper Is your child repeatedly getting behaviour comments for not completing their homework? Is getting them to complete homework becoming more and more of a challenge? Never fear, Mr Dean is here to provide a range of strategies to promote homework within the home.
Wednesday 12th March [5.30pm - 6.00pm]	Promoting Positive Behaviour Nationally parents are seeing a rise in behaviour issues both in school and within the home. Today's session looks at strategies to support your child's behaviour in school as well as tips for promoting positive behaviour at home.
Wednesday 9th April [5.30pm - 6.00pm]	Revision 101 Like me you might have spent your revision highlighting textbooks and writing out notes, but revision research proves that these are similarly the popular revision methods but also the least effective. Tonight's session will focus on the Science behind



	revision and the proven most successful revision strategies whether your child is 11 or 18! Perfectly timed to support pupils who are about to embark on GCSE or A Level examinations.
Wednesday 7th May [5.30pm - 6.00pm]	The Reading Challenge: How to Promote Reading in the Home With the allure of devices becoming stronger and stronger, what can families do to promote reading at home? Our session will look at the far-reaching benefits of reading and strategies to encourage your child to read at home to help them develop a love of reading.
Wednesday 14th May [5.30pm - 6.00pm]	Revision 101 Like me you might have spent your revision highlighting textbooks and writing out notes, but revision research proves that these are similarly the popular revision methods but also the least effective. Tonight's session will focus on the Science behind revision and the proven most successful revision strategies whether your child is 11 or 18! Perfectly timed to support pupils with revision for their end of year examinations in Year 7, 8, 9, 10 and Year 12 mock examinations.
Wednesday 11th June [5.30pm - 6.00pm]	Physical Health & Exercise Obesity rates continue to rise in the UK and young people are having an increasingly sedate lifestyle thanks to gaming, television and social media. Today's session will show the far-reaching benefits of exercise and support you in developing a range of strategies to promote positive physical health with your child and promote a love of exercise and keeping.
Wednesday 9th July [5.30pm - 6.00pm]	Healthy Eating Sometimes providing a healthy diet for your family can seem like an impossible task. Tonight's session will focus on some strategies to promote healthy eating for the whole family. Whether it is packed lunch suggestions or family favourite recipes, tonight's session will provide you with the tips and tricks to create both tasty and nutritious food for your child.