



24th January 2024

Virtual Parental Support Sessions

Dear families,

Our next virtual parental session is available next week and focuses on strategies to support effective revision.

The session will be held on **Wednesday 29th January** and will run from **5.30pm - 6.00pm**.

Parent Support Session 3: Revision 101

Like me you might have spent hours highlighting textbooks and writing out notes when preparing for examinations, but revision research proves that these are similarly the popular revision methods but also the least effective. This session will focus on the science behind revision and the most successful revision strategies whether your child is 11 or 18! This session is perfectly timed to support pupils who are about to embark on GCSE or A Level examinations and will be led by Mr Sorrell [Progress Leader for Year 11].

Whilst the strategies in this session are beneficial to all pupils, this session is designed to aid predominantly Year 11 and Year 13 pupils who will be embarking on revision for the external examinations. There will be a similar session later in the year on the 14th May which will provide specific support for pupils in Years 7, 8, 9, 10 and 12 who will be preparing for their end of year assessments.

To access the session, click on the link below:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NzY1ZjI5NWMTNjdjOC00NGRjLWlwNWQtMWZkZjc5MzEwODkz%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 29th January [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.
Monday 3rd February [5.30pm - 6.00pm]	Year 9 Pathways Evening: Guidance & Support This session gives a further opportunity to learn about our Year 9 pathways process, get a little more information of the different courses and options that we offer at GCSE, as well as an opportunity to ask any questions that you might have. This session will cover the same areas as our in-person pathways evening and is designed predominately for families unable to attend the in-person event or would like an opportunity to recap the information covered.
Wednesday 19th February [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 19th	Careers Advice & Guidance



<p>March [5.30pm - 6.00pm]</p>	<p>It is never too early for pupils to start thinking about their future careers and their options for after their GCSE examinations. Tonight's session will give you an overview of the different pathways for pupils after they complete Year 11 including: sixth form, college & apprenticeships.</p>
<p>Wednesday 9th April [5.30pm - 6.00pm]</p>	<p>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.</p>
<p>Wednesday 30th April [5.30pm - 6.00pm]</p>	<p>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.</p>
<p>Wednesday 7th May [5.30pm - 6.00pm]</p>	<p>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.</p>
<p>Wednesday 14th May [5.30pm - 6.00pm]</p>	<p>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.</p>
<p>Wednesday 4th June [5.30 - 6.00pm]</p>	<p>How to Support Your Child Through Transition to Secondary School This is for the families of Year pupils who will be joining us in September. Transition to secondary school can be a daunting experience for pupils and families. This virtual session gives advice to parents about how to support your child through transition and the different support structures available to you and your child over the next few weeks.</p>
<p>Wednesday 11th June [5.30pm - 6.00pm]</p>	<p>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.</p>



Wednesday 18th June [5.30pm - 6.00pm]	SEND Support Transition Virtual Event This is for the families of Year 6 SEND pupils who will be joining us in September. This event is designed to give you an overview of the support that is available to your child during their transition to St Thomas More along with the support in place to support them in Year 7.
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.

