

St. Crispin's School

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St. Crispin's
Excellence for all



RBV/SH

14th September 2023

Dear Parents/Carers,

Teenagers Translated Parenting Talk, Saturday 14th October 2023

It gives me great pleasure to be writing to you to invite you to an event that we have organised to support us in that great journey of navigating the parenting of teenagers! A video invitation can be found here <https://www.youtube.com/watch?v=iNdabaDmII4>

On Saturday 14th October, we will be welcoming Janey Downshire from Teenagers Translated. Janey will give a talk entitled "Understanding Adolescence and Promoting Good Teen Mental Health". The session is aimed at **parents of Year 6 students** in preparation for the step into secondary education.

Janey shares:

Young Minds statistics make worrying reading. One in 10 children (aged 5-16) have a diagnosable mental health illness, rising to one in five young people. Fifty per cent of these problems take root before age 15. Teenagers Translated conduct a parent input which helps parents steer a course away from these problems by helping them develop the practical tools to foster good mental health in their family. The teenage years (from age 10) are a period of emotional flux, presenting parents with new challenges. Heightened anxiety is often at the root of dysfunctional teen issues like stress, depression, self-harm, disordered eating, binge drinking, addictive tendencies, over-use of gaming and social media. Learning how to regulate anxiety without turning to dysfunctional strategies is key to good mental health and is an acquired skill that parents can help their children to learn.

This talk will focus on what parents can expect from normal teenage behaviour and what points to more worrying signs. A better knowledge of the changing teen brain provides parents with a good grounding for understanding why behaviour changes and helps them develop practical and proactive ways to support their teenager to better manage day-to-day pressures, find ways to regulate emotions and pave the way to good mental health. The talk will look at how parents can keep lines of communication open by establishing a balanced parent/teen relationship. Where this is present, parents are more likely to continue to have a positive influence on their teens. Home life can provide the conditions where pre-teens and teens can start to develop

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a secure sense of self and develop their own strategies to regulate their emotions in healthy ways, helping them to cope with stresses and build resilience.

Janey is a trained counsellor with over 10 years of experience promoting positive teenage mental health and emotional wellbeing for parents, staff and students at many high-profile schools.

We had hoped to hold the event at St Crispin's School. However, as result of the building work currently taking place on site, we are unable to facilitate this. It is with huge thanks to **Holme Grange School**, who have kindly allowed us to use their theatre for the talk which will begin at 10:30, ending at 1:00pm. Please arrive from 10:00am to allow for a prompt start.

There is no cost for the event as this has been covered through grant applications as we look to ensure that there is no financial barrier to holding such important events. We do however have to restrict tickets to one per family. To book a place, please complete the booking form which can be found here <https://forms.office.com/e/Sy0kwrxbgu>

Should you book and are in a position to not attend, please do hesitate me directly so that I can cancel this on blythr@crispins.co.uk.

For those of you that have students already at St Crispins, I shall be writing in due course of two further events for Year 7, 8, 11 and 13 parents.

We very much look forward to seeing you at this event and continuing to work with our families to support our teenagers.

If you have any questions, please do not hesitate to contact me directly.

Yours sincerely,



Mr Railton Blyth
Senior Deputy Headteacher