

20 September 2023

Dear Parent/Carer.

Initio Parent Talks and Support - Academic Year 2023-2024

We are inviting parents of our students to a series of talks this academic year. These are free of charge and an opportunity to come into Colfox to meet other parents. Please take a look and put the dates down in your diary! Each talk will be 6-7pm at Colfox School. If you are interested in attending, please register beforehand so we can have an idea of numbers in advance - <https://forms.office.com/e/4csM7HdLTw>

Then on the evening, please come to the main doors and sign in from 5:45pm. Afterwards, you are invited to meet with additional support services at the school should you wish:

- Delivery of the Talk 6-7pm
- Q & A after the Talk
- Support on hand from:
 - o Social prescribing team – NHS
 - o Early help – West Locality parenting support
 - o Carol Duffy, Colfox Safeguarding Lead
 - o Sarah Higgins, Initio Family Liaison Officer
 - o Lou Donovan, Targeted Youth Worker and Contextual Safeguarding Lead (West)

Drop-in sessions for targeted support will be the following day, at the school between 3:30-5:00pm. Anyone is welcome to come along to these support sessions, if you would like extra support from school regarding any issues that arose from the workshop. Just sign up on evening of the talk so we know you are coming.

When	Talks	Drop in Session for any Parents seeking additional support after the talk
AUTUMN TERM		
Tuesday 3rd October 2023 6:00-7:00pm	Online safety for parents and Youth Produced Sexual Imagery (Sexting) Mark Phillips from Safer Schools, Police will be coming into talk about online safety for your children. More information below: https://www.dorset.police.uk/police-forces/dorset-police/areas/about-us/local-support-and-guidance/ssct-young-people/information-for-parents/online-safety/	Wednesday 4 th October 3:30-5:30pm
Tuesday 14th November 2023 6:00 – 7:00pm	The Teenage Brain Jane will be coming in from FACE Parenting to discuss the Teenage Brain. This was an excellent talk given last year, so we are inviting her back! https://www.facefamilyadvice.co.uk/teenage-brain	Wednesday 15 th November 3:30-5:30pm
Tuesday 12th December 2023 6:00-7:00pm	De-escalating Anger and Challenging Behaviour at Home Alison Green from Heart of Oak Coaching is coming to discuss de-escalating techniques and helping us think of strategies to diffuse high emotions at home https://www.heartofoakcoaching.co.uk/parenting-courses	Wednesday 13 th December 3:30-5:30pm
SPRING TERM		
Tuesday 23rd January 2024 6:00-7:00pm	Accessing Support when your teenager is Struggling Sarah McNulty the Lead for our Young Persons' Social Prescribing Service will be giving a talk on self-help for Wellbeing. With a particular focus on what is available for teenagers and parents to access outside of traditional services. Topics to cover will include anxiety, self-harm and self-help alternatives	Wednesday 24 th January 3:30-5:30pm
Tuesday 5th March 2024 6:00-7:00pm	Understanding Child Exploitation and reading the signs The well established charity, Escapeline are giving a talk on Child Exploitation. What signs are we looking for and how to support our young people at risk. https://www.escapeline.org.uk/resources/parents-and-carers/	Wednesday 6 th March 3:30-5:30pm

SUMMER TERM		
<p>Tuesday 30th April 2024 6:00-7:00pm</p>	<p>Substance Use in Teens (alcohol and drugs) Jane will be returning from FACE Parenting to discuss teenage substance use. Why do we get addicted to certain behaviours? Why can it be so hard to stop doing things that are bad for us? This teach session looks at the underlying biology that underpins all types of addiction. An introductory overview, in easy to understand language, explaining what happens to the brain and body when they become addicted. https://www.facefamilyadvice.co.uk/teenage-brain</p>	<p>Wednesday 1st May 3:30-5:30pm</p>
<p>Tuesday 11th June 2024 6:00-7:00pm</p>	<p>Understanding Autism and ADHD in Teens Jane will be returning from FACE Parenting to offer some insight into autism and ADHD for parents. At the moment there is a lot of talk about ADHD, social media is swamped with posts about the condition, but what is it? This session explains ADHD, the signs and symptoms, the typical behavioural issues and most importantly how, as parents, you can support someone with this condition. https://www.facefamilyadvice.co.uk/teenage-brain</p>	<p>Wednesday 12th June 3:30-5:30pm</p>

These are topics that parents have asked us for more information about, but if you have other topics you'd like us to over please get in touch (higgins@colfox.dorset.sch.uk) – we are keen to expand what we offer to parents of our students.

We look forward to welcoming you!

Yours sincerely

Sarah Higgins
 Family Liaison Officer
 Initio Learning Trust
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