

TEENAGE JOURNEY

Information evenings
for Bolton School parents

Mental Health & Happiness

Jeremy Thomas is an author and speaker. As a result of overcoming his own battle with bipolar disorder he co-produced the Emmy Award winning documentary 'Stephen Fry, The Secret Life of a Manic Depressive' and is the co-author of 'You Don't Have to Be Famous to Have Manic Depression – An A-Z Guide to Good Mental Health'. He has written articles for The Times, The Telegraph, The Daily Mail and he has appeared on BBC TV and Radio. Jeremy has been delivering talks to schools, companies and conferences for the last nine years. His core message is prevention is better than cure. He draws on his own experience to show how to recognise the symptoms of poor mental health and to improve it by monitoring the dials on the control panel and maintaining daily use of practical coping methods. Taking the right action, talking to someone and having a routine are often the best medicine.

Jeremy Thomas, author & speaker focusing on good mental health

Monday 9th September 2019

Benefits of Higher Education (hosted at Essa Academy)

Speakers from the University of Manchester's Access Programme and MMU's First Generation Scheme will share their vision for higher education with potential students. They will describe the benefits of a degree and the growing demand for higher level skills, help students & parents understand the different pathways & options, and explore student life and the university experience. Student ambassadors from the Universities of Bolton and Manchester will be on hand to discuss their experiences of the journey into higher education.

University of Manchester & Manchester Metropolitan University

Thursday 3rd October 2019

Essa Academy, Lever Edge Lane, Bolton. BL3 3HH

Presented by:

Bolton School
Senior Boys'
Parents' Association

Venue:

Leverhulme Suite,
Riley Centre

Parking in Boys'
Division Quad

Time:

7.30pm

There will be the opportunity to ask questions and to talk to members of staff and other parents.

Refreshments will be provided.

Please visit
<https://boltonschool.parentseveningsystem.co.uk>
log in and follow the instructions on screen to reserve your place



**BOLTON
SCHOOL**
SENIOR BOYS'
PARENTS' ASSOCIATION

Adolescent Health

How much sleep should your son be getting? How can you help him to have a healthy diet, and what should that be for a teenage boy? This session will look at the practicalities of day to day healthy living for teenagers. Carly Fishwick is an experienced nurse, having worked in children's and adolescent health for many years. As the Boys' Division School Nurse, she is ideally placed to guide us towards helping our sons have a healthier lifestyle.

Carly Fishwick, School Nurse, Bolton School Boys' Division

Monday 14th October 2019

Restorative Practice

When boys make mistakes, it is important to support them to make better decisions in the future as well as to sanction them. Restorative Practice scaffolds a conversation between students and staff to develop their emotional intelligence and empathy, before bringing together students who have been in conflict with one another. By working with students to explore the driving factors behind their behaviour choices and listening to their views, we have experienced successful resolutions to bullying incidents. The fundamental hypothesis of restorative practices is that human beings are happier, more co-operative and productive, and more likely to make positive changes in their behaviour when those in positions of authority do things with them, rather than to them or for them. The Department for Education gave whole-school restorative approaches the highest rating of effectiveness at preventing bullying, with a survey of schools showing 97% rated restorative approaches as effective. Deputy Head Pastoral Helen Brandon will explain how this practice works in school and how you can use some of these principles in conversations with your teenagers.

Helen Brandon, Deputy Head Pastoral, Bolton School Boys' Division

Thursday 5th December 2019

Raising Boys' Achievement

Gary Wilson is one of the country's leading experts on raising boys' achievement. He is a freelance education consultant, speaker, trainer, author and former teacher of twenty-seven years. In 2003 he was made the country's first Local Authority school improvement officer with specific responsibility for raising boys' achievement. Since then he has had several high profile roles in this area and is an adviser on this subject to the Oxford University Press, specifically as series expert on "Project X", a set of resources that have significantly increased boys' engagement with reading. Gary has advised and delivered training in over a thousand schools across the UK. In his parent sessions he outlines the issues around boys' underachievement and what can be done about it, both in school and out. Parents leave with a fuller understanding of the issues surrounding boys' underachievement and practical steps that they can take to help their boys achieve.

Gary Wilson, freelance education consultant

Monday 20th January 2020

Gambling Awareness

Patrick Foster is a former professional cricketer, insurance broker and independent school teacher whose life was torn to shreds by his pathological gambling addiction. With 500,000 children, aged between 11-15, gambling weekly, and young people aged 16 to 23 three times more likely to develop a gambling problem, problem gambling amongst young people is a growing concern. In a digital age, where 96% of our children and young people are thought to own a smartphone, gambling has never been more accessible to young people, making it the UK's fastest growing societal issue faced by our younger generation. With links to low attainment, truancy, poor mental health, anti-social behaviour and, in the extreme, criminal convictions or suicide, problem gambling among young people is not something we can ignore and longer.

Patrick Foster, EPIC Risk Management Gambling Awareness & Protection

Tuesday 25th February 2020

Prevention of Male Suicide

Jane Boland is the Clinical Director of James' Place, a Suicide Prevention Therapy Centre in Liverpool. Her talk will focus on the importance of talking to young men about their feelings and why it is important to be direct and talk about suicide if you have concerns. You may find it helpful to do a short 20-minute online training course called "Let's Talk", available on the Zero Suicide Alliance website <https://zerosuicidealliance.com/>. Jane was the subject matter expert and author of this training which has to date been accessed by over 200,000 people worldwide.

Jane Boland, Clinical Director, James' Place, Liverpool

Monday 23rd March 2020

How to Raise a Resilient Child: A Parent's Guide Future-Proof Your Child: A Parent's Guide

Dr Kathy Weston is an academic, motivational speaker, wife and mother, committed to giving parents the practical tools they need to help their children flourish.

How to Raise a Resilient Child - parents who attend this talk will leave understanding exactly what we mean by 'resilience' and understanding the powerful role that family plays in ensuring children grow up feeling emotionally, academically and physically resilient. No matter what comes their way, they will be prepared.

Future-Proof Your Child - this talk addresses the most highly sought after and required skills that our children need to develop so as to be successful in today's world. It refers to personal resilience, grit, character, employability and social skills and describes how parents can help children get into a positive mind-set where they are ready to embrace all of life's rich opportunities.

Dr Kathy Weston

How to Raise a Resilient Child - Park Road Hall 4.30pm

Future-Proof Your Child - Leverhulme Suite 7.30pm

Tuesday 5th May 2020

Choices Beyond School

The majority of our sons will progress to some form of higher education. Whatever their age now, this presentation will provide much useful information and advice for parents. You will be better able to guide your son to get the best out of his days at school, if you have an insight into what higher education admissions tutors are looking for. How does your son choose a course if he doesn't know what he wants to be? What extra-curricular activities and acquired skills will improve his chances of getting to where he wants to be? Guarding against "educating yourself into a hole", managing parental expectations and ambitions, and determining which is the "best" university for your son are important areas to consider. There will be discussion about what life at university is really like, how different universities have a vastly different feel, and how above all it is important for your son to be happy.

Bernard Strutt, Head of Undergraduate Admissions, University of Manchester & Dr Stephen Holland, Director of Higher Education Applications, Bolton School BD

Monday May 18th 2020

Relationships, Sex and Health Education

The DfE's Relationships, Sex and Health education (RSE) curriculum will be mandatory in schools from September 2020. By the end of secondary school, pupils will have been taught content on:

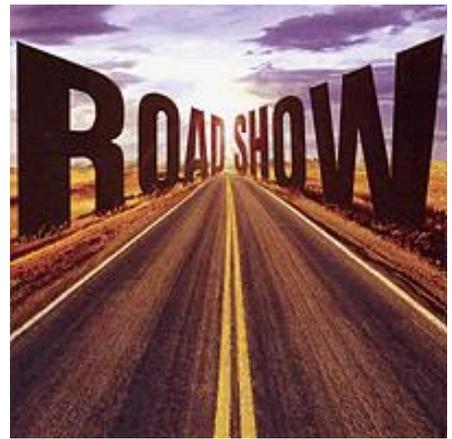
- families
- respectful relationships, including friendships
- online media
- being safe
- intimate and sexual relationships, including sexual health.

This session will outline how we plan to deliver the curriculum in the Boys' Division Senior School and your rights as a parent.

Heather Tunstall, Senior Teacher & Head of Pastoral Curriculum, Bolton School Boys' Division

Tuesday 2nd June 2020

TEENAGE JOURNEY



Homework and iPads

This session explores the facts behind the headlines about homework and iPads in the Boys' Division. Come and hear first-hand the reasons for setting homework and why it is important, how you might experience your sons completing homework, how you can help, and how to use homework feedback effectively. Discover how iPads are an integral part of teaching and learning and ask any questions you may have about their use. Parents of all boys, particularly in the early years of Senior School, will find this session invaluable, as senior colleagues at Bolton School share with you how they work to help your son achieve his best.

Nic Ford, Deputy Head (Academic) & Louise Waller, Head of Lower School, Bolton School Boys' Division

Monday 30th September 2019 at St Andrews Church, Leyland

Wednesday 9th October 2019 at Croft Village Memorial Hall, Warrington

Social Media

Do you worry that your son spends too much time on social media? Are you concerned about the content of the conversations he is having? Have you or your son experienced problems as a result of use of social media? Does your son play games online with people you don't know? Hear how social media and gaming are fundamental parts of the world of today's teenage boy. Hear first-hand the sorts of problems that arise and find out how you can help your son protect himself from the unpleasant side of the online world. Even if you've answered "no" to the questions above.....are you sure?

Nic Ford, Deputy Head (Academic), Bolton School Boys' Division

Wednesday 20th May 2020 at St Mark's Church, Worsley

HIGHER EDUCATION INFORMATION PROGRAMME

The Boys' Division Higher Education programme is extensive and parents of boys of all ages are welcome to attend a range of information sessions.

Degree Apprenticeships

Monday 20th January 2020 at 6pm in the Leverhulme Suite

Student Finance

Monday 9th March 2020 at 6pm in the Leverhulme Suite

Studying Abroad – Mark Huntington

Thursday 19th March 2020 at 1pm in the Arts Centre

TEENAGE JOURNEY DATES

Monday 9 th September	Mental Health & Happiness
Monday 30 th September	Homework & iPads (<i>Roadshow – Leyland</i>)
Thursday 3 rd October	Higher Education (<i>Essa Academy</i>)
Wednesday 9 th October	Homework & iPads (<i>Roadshow – Croft</i>)
Monday 14 th October	Adolescent Health
Thursday 5 th December	Restorative Practice
Monday 20 th January	Raising Boys' Achievement
Tuesday 25 th February	Gambling Awareness
Monday 23 rd March	Prevention of Male Suicide
Tuesday 5 th May	Raising a Resilient Child (<i>4.30pm Park Road</i>)
Tuesday 5 th May	Future-Proof Your Child (<i>7.30pm Senior School</i>)
Monday 18 th May	Choices Beyond School
Wednesday 20 th May	Social Media (<i>Roadshow – Worsley</i>)
Tuesday 2 nd June	Careers in the Creative Arts

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