

# TEENAGE JOURNEY

**A series of information evenings for Senior School parents**

## **Coping with your Adolescent**

Dick Moore is an English teacher, rugby coach, boarding school housemaster and, for over twenty years, the headmaster of a co-educational day and boarding school. “I am not a doctor, psychologist, psychiatrist or counsellor. But I do have wide experience of young people – not least as the father of four sometimes errant children!

Circumstances led me to develop a passionate interest in adolescent development and emotional wellbeing. I qualified as a Youth Mental Health First Aid Instructor in 2012 and became an Associate Trainer for the Charlie Waller Memorial Trust in 2013.”

Dick is a powerful speaker and this event is one of the highlights of the Teenage Journey programme.

*Dick Moore, The Charlie Waller Memorial Trust*

**Monday January 22nd 2018**

**Please email [BDinfo@boltonschool.org](mailto:BDinfo@boltonschool.org) to register your place**

### **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.



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SCHOOL  
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Emotional Health, Wellbeing and Life Balance

*Mark Cowling, Trustee & Director of Third Space, Bolton & Heather Tunstall, Director of Pastoral Curriculum & Deputy Head of Sixth Form, Bolton School Boys' Division*

**Monday February 26th 2018**

Homework and Reports

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

**Monday March 19th 2018**

Surviving the Teenage Years

*Teenagers Translated*

**Monday April 23rd 2018**

Social Media: Screen Time, Cyberbullying & Relationships

*Digital Awareness UK*

**Thursday June 7th 2018**

Diet and Exercise for the Teenage Boy

*Matt Jolley, Personal Trainer, Nuffield Health*

**September 2018 (date tbc)**

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