

14 February 2018

Dear Parent / Carer,

Parenting Session on “Understanding the Teenager”

We would like to invite parents/carers to attend a session on understanding the Teenage Brain; this will be held in R126. This will develop an understanding on how our teenagers function and it will also give us support in understanding how teenagers behave, in difficult times.

We plan to look at:

- How to understand teenager - rebellion
- Understanding their risk factor, impulsive behaviour and emotions
- How the Brain works
- Sleep pattern
- Distractions and lateness
- Tips to support and guide

This will be held as a one-day session and we have allocated 15 - 20 spaces, first come first served. This will be taking place on Tuesday 13th March 2018– time 5pm -6.30pm.

Coffee and Biscuits will be provided

Please could you complete the slip below and return to student services by Friday 09th March 2018, if you are interested. If we receive a great response another date will be set.

Thank you for your support.

Yours sincerely



Mrs D Philips
Family Liaison Office/Safeguarding Officer

-----Tear off and return to student services as soon as possible (by Tuesday 13th March 2018)

Parenting Session on “Understanding the Teenager”

Re: Tuesday 13th March 2018)

Name of pupil _____ (Child.....)

Name of Parent(s)/Carer(s) _____ (Adults)

Parent/Carer’s signature: _____

Date: _____

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