



Personal Development: A Guide for Parents/Carers

In the news: how do I speak to my child about war?

War is an incredibly difficult topic of conversation for children and adults alike. There is an unrelenting amount of information available to young people via. Social media can often be graphic and distressing

Content they see online can also be polarising – dividing groups of people into either ‘good’ or ‘bad’, often using offensive or discriminatory language.

If your child has a phone and access to social media, please do speak to them about anything they may have seen online.

Unicef has a helpful guide for parents and carers about how to approach the topic with your child which you can view by [clicking here](#).

Attached to this email is a guide from National Online Safety about how to support your child if they have seen distressing content online.

If you or your family are affected by current conflicts, please inform your child’s tutor so they are able to further support your child in school.

Click on the links below to access further support:

[Young Minds](#): specific support for parents/carers during exam time

[Get Revising](#): a revision timetable generator

[NHS exam stress guidance](#)

[Anxiety UK](#): a parent/carer guide

[Health for Teens](#): dealing with exam stress

If you are concerned about your child showing signs of exam stress, please contact their tutor in the first instance.

Year 11: Autumn Term 2

Unit 2: Next Steps

This unit directly links to unit 1 which focuses on ‘building for the future’. As you will be aware, your child(ren) will have their mock exams during this half term. Teachers will deliver around 10 minutes focusing on a particular revision strategy before giving the rest of the lesson (around 50 minutes) for revision so they will need to be prepared with revision resources.

This unit covers:

- Dealing with exam stress
- Revision strategies
- Showcasing personal strengths
- Managing your online reputation in the context of employment
- Revisiting personal statements and CVs

Discussion points/questions for home:

- Where does your child revise? Is this in a productive space free of distractions such as devices?
- Does your child have a revision timetable established? Mr Rothwell has posted content on the year group Teams page for students to use.
- What revision strategies work well for your child? What are the advantages/disadvantages of the strategies they currently use?
- What do you see as your child’s personal strengths? Students can sometimes find it difficult to pinpoint what they are good at!
- Ask your child to look at their social media profiles and/or email address. What impression do they think a future employer may get of them by viewing/reading these?
- Ask your child to consider what they post on social media. In 10 years time, do they think they would regret any of these posts?

Revision strategies information can be found on the school website with specific revision strategies for each subject or by clicking [here](#).