



Personal Development: A Guide for Parents/Carers

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

Conflict 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 can further support your child in school.

Click on the links below to access further support:

The school website has detailed information about the options process with guides for each GCSE option. The website also has an FAQ section which may prove helpful. You can find the options page by [clicking here](#).

[BBC Bitesize](#) guide with advice about how to choose the best GCSE options.

Careers and employability information can be [found on the school website](#).

Year 9: Spring Term 1

Unit 3: Setting Goals

This unit is designed to coincide with the options process which begins this month. Students will be encouraged to think of their early aspirations to support them as they choose their GCSEs.

The emphasis during this unit is not for students to know exactly what they want to do in life but to consider their interests, skills, and values before reflecting on how these attributes may benefit them in different careers.

Key dates for your diary

15th January – options report sent home

24th January – options assembly for pupils

30th January – options evening (in-person)

26th February – provisional deadline for options form

Discussion points/questions for home:

- Share what you do for work with your child – you will be surprised how many students tell us they don’t know what their parents/carers do!
- How did your interests/skills/values help you to become successful?
- Ask your child what they see as their strengths. How could these strengths support them in their future endeavours?
- Who does your child look up to and why? What attributes does that person have that mean they are successful?
- What skills would your child like to build this year?
- What subjects does your child enjoy and why?