

BOROUGHMUIR HIGH SCHOOL EDINBURGH

Boroughmuir High School
Viewforth
Edinburgh
EH10 4LR
Telephone: 0131 229 9703
Fax: 0131 228 9185



Email/website
admin@boroughmuir.edin.sch.uk
www.boroughmuir.edin.sch.uk

David C Dempster BSc SQH
Head Teacher

Promoting Emotional Health & Well-being

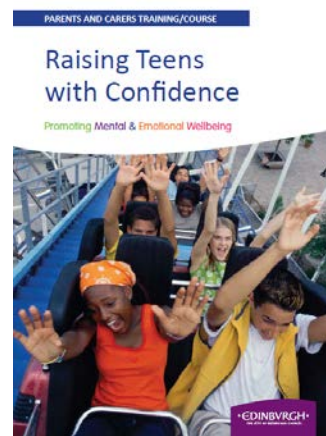
Dear Dads, Mums and carers,

Invitation to *Raising Teens with Confidence*

The teenage years can often feel like being on a rollercoaster for Dads, Mums, carers and young people – plenty of highs, lows and uncertainty about what might be round the corner! The many physical, emotional and behavioural changes that occur mean that adolescence can be a time of vulnerability as well as a time of great opportunity for young people.

Following the success of *Raising Children with Confidence* which has been delivered to 1,500 families in Primary schools, *Raising Teens with Confidence* aims to **give you the chance to explore how you can best support your teenage children** to navigate increasing independence and develop confidence, security and resilience, as well as to promote emotional wellbeing in themselves. Drawing on the latest research and findings around what helps support emotional wellbeing throughout life, the seven week course will give you an opportunity to explore with other parents how the teenage years can be a time for **young people, Mums, Dads and carers to 'thrive rather than just survive'**.

An introductory session – *Why What You Do Matters!* – will run on **Wednesday 12th October 7- 8.30pm** in the school's atrium, **and is open to all who are interested**, not just Mums! After this session, we ask those who feel they would like to continue the course for the remaining six sessions to fill in a reply slip so we can allocate places. The course topics are:



Week / date	topic	time
1: Wednesday 12 th October	Why What You Do Matters	7pm – 8.30pm
<i>October half term holiday – school resumes for pupils on Tuesday 25th October</i>		
2. Wednesday 26 th October	The Amazing Teenage Brain: What's Going on in There?	7pm – 9pm
3. Wednesday 2 nd November	Risky Business: Managing Adventure, Risk and Resilience	7pm – 9pm
4. Wednesday 9 th November	It's Good to Talk: The Importance of Staying Connected	7pm – 9pm
5. Wednesday 16 th November	The Brain Under Stress: Overcoming Setbacks and Promoting Resilience	7pm – 9pm Nb This is also S3 parents' Night 4.30-7pm so we're likely to start a little later
6. Wednesday 23 rd November	Looking After Your Own Wellbeing: Coping With the Changes	7pm – 9pm
7. Wednesday 30 th November	Boys to Men: the importance of men in the lives of our boys	7-8.30pm* Please bring your partners to this final session.

Yours faithfully,

P.Cifelli and A. Stratton