



**Altrincham Grammar  
School for Girls**

BRIGHT FUTURES EDUCATIONAL TRUST



# Y9 Induction Evening, 2021

Proud to be part of:



**Mr Copestake, Mrs Ogunmyiwa & Dr Thomas**

# Outline of the Evening

## Introduction

- Support
- Wellbeing
- Curriculum
- Examinations
- Y9 Study
- Homework
- Monitoring
- Attendance & Punctuality
- Out of school
- Concerns



# How parents / carers can help support pupil wellbeing

Dr George Thomas

*Educational Psychologist, BFET*



Altrincham Grammar  
School for Girls  
BRIGHT FUTURES EDUCATIONAL TRUST

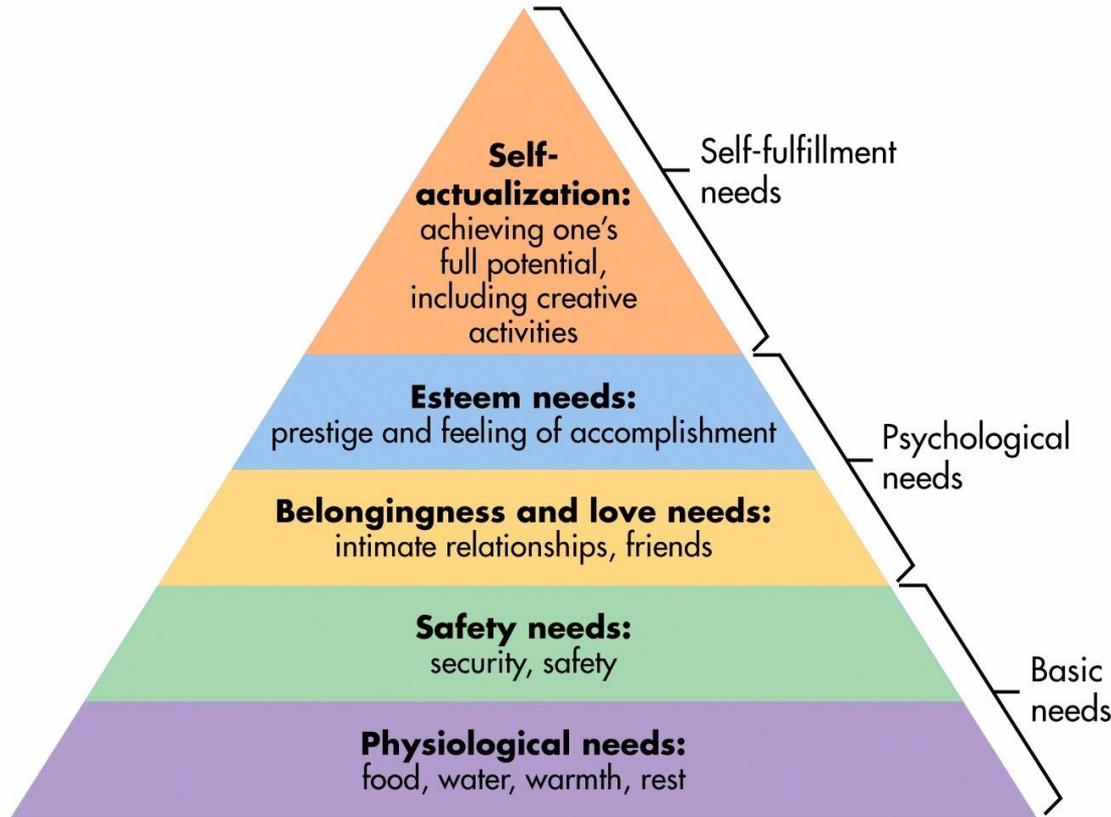
# Objectives

To discuss Maslow's hierarchy of needs and how this links to pupil wellbeing.

To explore ways in which parents/ carers can help support their child's mental health and wellbeing.



# Maslow's hierarchy of needs



# Physiological needs – Diet

Healthy breakfast that is high in complex carbohydrate/protein and low in sugar.

Five pieces of fruit and veg per day.

Iron-rich foods (e.g., dark green veg; nuts and seeds; pulses and beans).

Six to eight glasses of water per day.

Caffeine (i.e., stop caffeine intake 6-hours before bed time).



# Physiological needs – Sleep

Children aged between 11 and 18 need 9- to 9.5-hours' sleep per night.

Typical for children in this age group to develop a 'teenage sleep pattern' of less sleep than needed on a school night with more sleep than needed on a weekend night (i.e., to pay back the 'sleep debt' that has built up).

Stop blue light technologies (e.g., mobiles; tablets; laptops; TV; games consoles) 2-hours before bed time and keep them away from the bedroom.

Do mentally stimulating activities (e.g., homework) away from the bedroom.



# Physiological needs – Vitamin D

Vitamin D is produced by our skin during exposure to sunlight. Vitamin D:

- Helps the body absorb calcium and phosphate from our diet, both of which are important for healthy teeth, bones and muscles;
- Increases the body's production of Serotonin – the neurotransmitter in our brain that is responsible for positive emotions and motivated behaviour.

Between late March/ early April and the end of September, our skin is able to produce Vitamin D by being exposed to sunlight outdoors, especially between 11:00 and 15:00.

•n the winter months (i.e., October to mid March), the sun doesn't emit enough UVB radiation for our skin to make Vitamin D. During these months, we can get Vitamin D from by including certain foods in our diet, such as:

- Oily fish (e.g., herring; mackerel; salmon; sardines);
- Red meat;
- Eggs;
- Foods fortified with Vitamin D (e.g., breakfast cereals).



# Physiological needs – Exercise

Whilst exercise is not a physiological *need* (per se), it is an essential part of a healthy lifestyle. For example:

- Research has shown that those who exercise regularly are significantly more likely to maintain a healthy diet;
- Regular exercise promotes healthy sleep;
- Outdoor exercise exposes us to sunlight which, in turn, increases our production of Vitamin-D during the lighter months.

Exercise also causes our bodies to release endorphins, which are hormones that reduce the perception of pain and increase feelings of euphoria.

The NHS recommends that young people should be physically active for 1-hour per day with a combination of moderate activity (e.g., walking to/ from school) and vigorous activity (e.g., running; dancing; cycling).

The NHS also recommends that young people should engage in muscle and bone strengthening activities three times per week (e.g., team sports; tennis; gym classes; workouts).



# Psychological needs – Parenting style

	LOW BOUNDARIES/ STRUCTURE	HIGH BOUNDARIES/ STRUCTURE
HIGH WARMTH/ NURTURE	<i>PERMISSIVE</i> <i>(lenient; indulgent; over-involved)</i>	<i>AUTHORITATIVE</i> <i>(supportive; assertive; flexible)</i>
LOW WARMTH/ NURTURE	<i>UNINVOLVED</i> <i>(distant; uninterested; passive)</i>	<i>AUTHORITARIAN</i> <i>(rigid; "because I said so"; "I'm the boss")</i>



# A note on mental health

## Mental Health Continuum Model



The Children's Society (2008) found that 20% of adolescents may experience mental health difficulties within any given year, yet 70% of those with mental health difficulties do not receive support/ intervention at a sufficiently early stage.





**Universal support** *(available to everyone all of the time)*

ARE YOU PROMOTING YOUR OWN WELLBEING? *(see tips for wellbeing)*

- Anti-bullying ambassadors
- Anti-bullying blog
- Circle time
- Connexions advisor
- Extra-curricular clubs/exercise
- Form tutors and teachers
- Leaflets and information
- 'Looking after myself' page in school diary (p. 289 & 290)
- Wellbeing page on school website
- School nurse
- Sharp system on school website
- Wellbeing ambassadors
- Wellbeing page on school website
- Wellbeing space and wellbeing club



**Targeted support** *(when you need a bit of help)*

ARE YOU PROMOTING YOUR OWN WELLBEING? *(see tips for wellbeing)*

- Consultation with form tutor
- Consultation with senior tutor
- Pastoral mentoring
- School nurse
- Mental Health first aider



**Intensive support** *(when it's really important that you talk to someone)*

ARE YOU PROMOTING YOUR OWN WELLBEING? *(see tips for wellbeing)*

- 42<sup>nd</sup> Street counsellor <sup>2</sup>
- Child and adolescent mental health services (CAMHS)<sup>3</sup>
- Educational psychologist<sup>1</sup>
- Relate counsellor <sup>2</sup>
- School nurse <sup>1</sup>

*(<sup>1</sup>Referral via senior tutors; <sup>2</sup>Referral via senior tutors or self-referral; <sup>3</sup>Referral via school nurse)*



# Young people's mental health in the context of the Covid-19 pandemic

The National Institute for Health Research published some interesting research in August 2020 regarding the impact of lockdown on adolescents' mental health, having surveyed 1,047 Year-9 students across 17 different secondary schools.

Overall, adolescents were far more concerned about the risk COVID-19 posed to their family than themselves, both in terms of physical and mental health.

Adolescents' greatest concerns were around missing school and the impact this may have on their friendships and academic outcomes.



# Young people's mental health in the context of the Covid-19 pandemic

In terms of the ways in which parents/ carers can support their children's mental health as they return to school, a recent literature review gave the following advice:

- Avoid placing adult perspectives on young people's experiences
- Allow for a period of 'watchful waiting' for the first half term
- Encourage young people to maintain the type of activities that promoted their sense of school connectedness during lockdown
- Highlight the importance of establishing new routines
- Maintain open communication between yourselves, your children and school staff
- Support your child's friendships outside of school
- Support your child's self-efficacy (e.g., extracurricular clubs; hobbies; etc.)



# Curriculum

Students in Year 9 are taught in mixed ability groups for the majority of subjects. This is to prepare for the timetable changes at GCSE and to help foster stronger relationships between students in other form groups.

Students are taught in form groups for PE

Students are taught in paired form groups for their MFL subjects



# Examinations

We continue to place a focus on key stage three examinations in Year 9. These help prepare students for public examinations at the end of GCSE study.

It is also important to use this process for reflection and learning. Revision and planning is very important.



# Study at Year Nine

## Study skills

- Important to get into good habits and build on foundation from earlier years.

## Organisation / deadlines

## Homework diaries

- Homework timetable.
- Approximately **one and a half to two** hours per night.



# Mentoring

One to one mentoring

Organisation: homework, meeting deadlines, having the right equipment, lateness etc.

Academic: not making progress in several subjects

Set SMART targets with the mentor



# Support

Form Tutors.

Subject Teachers.

Senior Tutor (Mr Flanagan) / Assistant Senior Tutor (Ms Wells).

Home / School Partnership.



Altrincham Grammar  
School for Girls  
BRIGHT FUTURES EDUCATIONAL TRUST

# Attendance

Essential to maintain good attendance;

- Below 95% attendance will trigger a letter home;
- Below 90% Persistent Absentee (DfE Guidelines)

Punctuality;

- 8.40am start
- Students should be on site are expected to be punctual to lessons throughout the day



# Out of School

Extra curricular activities (sports / music / dance/ drama)

Social life

Friendship problems

Mobile phones

Internet – social media

Employment or volunteering



# Contacts

Senior Tutor - Mr Flanagan

Mrs Prichard - Pastoral Assistant (attendance, punctuality, absence)

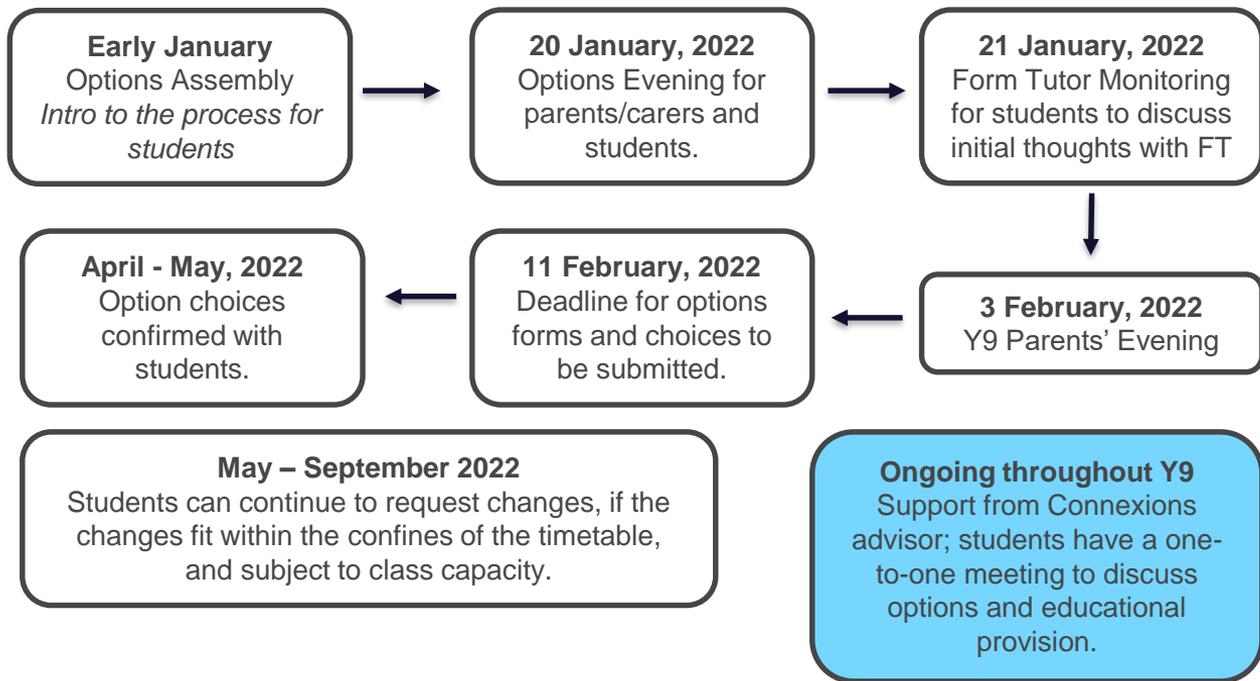
0161 912 5912

[admin@aggs.bfet.uk](mailto:admin@aggs.bfet.uk)



Altrincham Grammar  
School for Girls  
BRIGHT FUTURES EDUCATIONAL TRUST

# Preparing for GCSE



# Key Dates



December 2021;  
Y9 Autumn Interim  
Report



11 February, 2022;  
Y9 Options  
Deadline



20 January, 2022;  
Y9 Options  
Evening



23 – 27 May, 2022  
(TBC); KS3  
Internal Exams



3 February, 2022;  
Y9 Parents'  
Evening

