

19 January 2021

Dear Parents and Carers of Years 10-13

YOU MUST SEE THIS! 7:30pm - Tuesday 26 January
Dr Kathy Weston Launches a New Parent Resource Platform Called Tooled Up –
Supporting Children's Mental Health and Wellbeing

If there was one parent information evening above all others that parents must attend and see during your time with us as a Roundwood Park parent – this is it. I would say this if we were not in the grips of a national lockdown, but the pandemic makes it even more important that you see and learn about what this programme of support can offer you and your children; our students!

We are very excited to announce the launch of a new collaboration with Tooled Up Education, an online digital library of evidence-based resources, for parents and teachers, on all aspects of parenting, education and family life. The founder, Dr Kathy Weston, has collated the best and most up to date research from around the world and distilled it into usable resources that are easy to understand and which can be instantly applied to your daily life.

To launch the school's subscription to the site, Dr Weston is providing a one-hour webinar, including a live Q and A session, called Supporting Children's Mental Health and Wellbeing.

Children, young people and their families currently face unprecedented pressure and stress. Loving parents want to know how best to keep their families positive, resilient and mentally well over the course of the pandemic. What are the best ways to deal with the endless uncertainty? How should we manage our own or children's anxiety? What do we need to do to help our teens actively cope? How can we keep our children motivated whilst learning remotely? In this webinar, Dr Weston will provide evidence-based answers to the most pertinent 'pandemic' parenting questions. She will also be signposting Roundwood parents to her digital library: www.tooledupeducation.com, where they can enjoy privileged access to a range of accompanying resources for the parenting journey ahead.

Date: Tuesday, 26 January 2021 for Year 10-13 families

Time: 7.30pm

Registration link: https://us02web.zoom.us/webinar/register/WN_iO5-tudORnq4Z1kC9wGmKQ

There are a limited number of tickets available for this webinar and they will be allocated strictly on a first come, first served basis. Please click the link and register **now** to confirm your space.

The day after the webinar, you will receive instructions on how to set up your account on Tooled Up Education. Follow these instructions in order to access the wealth of articles, videos, tips to try, worksheets and podcasts, all included in your school's subscription and free for you.

Please attend. I am certain this will be the most enlightening and helpful 60 minutes you will have invested in your family for a long time – it was for me!

See you there.

Yours sincerely



Alan Henshall
Headteacher

