

Programme of Support for Families 2025.26 Term 3 & 4

We are pleased to continue our programme of support for families at Great Western Academy. Our core value of care extends beyond the classroom door, and we would like to offer families this programme of support to help and encourage parents and carers to engage in their own learning, as well as supporting their child even further.

Below is our programme of support. Each session explains how you can join. If a session is sign up, a link will be sent out shortly in advance of the event. If a session is invitation only, but you feel it may benefit yourself or your child, please do get in touch. If a session is online session (coloured), it is provided through ParentKind. In order to access this, you will need to sign yourself up to the session using the link as this an external provider.

If you would like any further information, please email: SFF@gwacademy.co.uk.

Date	Time	Activity	Staff involved	Explanation of session	How to join this session
15/1/26	5pm – 5.30pm	Year 9 GCSE Options evening	RGR	An information evening that will explain the options process for current year 9 students, making decisions regarding their GCSE choices.	Drop in
21/1/26	7.30pm – 8.30pm	An introduction to Autism	Online session	This webinar covers the journey from diagnosis, through transitions and onto adulthood. You will learn about communication, sensory needs and behaviour, amongst other topics. The aim of the course is to provide useful information about autism and to signpost you to additional support networks that may be relevant to the person you are supporting.	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars
22/1/26	5.30pm – 6.30pm	Supporting your KS4 child to revise for exams	CRO	This session will cover key revision techniques, sources of advice and support for parents and students in the lead-in to GCSE's.	Sign up
27/1/26	7.30pm – 8.30pm	Caring for ADHD children matters	Online session	Being a parent of an ADHD child can be like a roller coaster sometimes. This brand of neurodivergence by its nature is unpredictable at times. However, with the right strategies and levels of understanding, parents will share a bond with fiercely loyal and wonderfully fantastic children. In this	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars

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				<p>session, we'll look at how ADHD can manifest in children. We'll also look at particular quirks that may affect mental health. We'll talk about advocacy and being neurodivergent affirmative in parenting. We'll also look at how to help your child learn to love and accept their difference in a way that builds self-esteem.</p>	
3/2/26	7.30pm – 8.30pm	<p>Parenting styles that shape children's future: Finding the balance between love & limits</p>	Online session	<p>Every parent has their own way of guiding, supporting, and setting boundaries, but how do our parenting styles really impact our children's confidence, behaviour, and emotional wellbeing? This webinar unpacks the latest research and real-world examples to help you understand the four main parenting styles and to consider which one is optimal for children's outcomes. Discover how to find the sweet spot between warmth and structure, how to adjust your approach as your child grows, and how small shifts in your parenting style can lead to big improvements in connection and cooperation at home.</p>	<p>Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars</p>
5/2/26	12.30pm – 1.30pm	<p>Coping tools for your child's big emotions</p>	Online session	<p>Join us for a practical and insightful webinar designed to help you confidently navigate your child's big emotions. In this session, you will learn when and how to implement effective strategies that provide the right support at the right time. We'll explore a diverse range of coping tools, from mindfulness exercises to creative outlets, tailored to different personalities and preferences. This webinar will empower you to make emotional moments more manageable and meaningful, strengthening your connection with your child.</p>	<p>Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars</p>
12/2/26	12.00pm – 1.30pm	<p>A parents guide to autistic burnout</p>	Online session	<p>Join us for an informative and compassionate webinar that sheds light on what autistic and ADHD burnout truly is, and how you can best support your child through it. You'll learn how to recognise the early signs of burnout, understand its</p>	<p>Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars</p>

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				causes and respond with strategies that prioritise balance, recovery and wellbeing. Together, we'll explore practical ways to reduce pressure, use low-demand approaches and build collaboration with schools to create a supportive environment. This session will equip you with the knowledge and tools to help your child restore energy, confidence and emotional health.	expert/parent-webinars
25/2/26	7.30pm – 8.30pm	Understanding your child's anger	Online session	Join us for a supportive, child-development-informed webinar that helps parents see anger through a new, emotionally literate lens. Together, we'll unpack what anger is really communicating, what emotions often lie beneath it and why children's brains and bodies react the way they do. You'll learn how to guide your child safely through emotional storms with empathy, calm and confidence	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars
4/3/26	7.30pm – 8.30pm	How to support your child's learning in secondary school	Online session	This webinar will equip parents with practical strategies to help their children thrive academically and personally during secondary school. It will focus on effective study techniques, organisation and motivation, healthy family relationships and effective communication with the school.	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars
5/3/26	5pm – 6.30pm	Year 8 curriculum options evening	RGR	An information evening that explains the curriculum options process for current year 8 students.	Drop in
10/3/26	7.30pm – 8.30pm	The friendship factor: Helping your child build healthy, happy connections	Online session	Friendships are the heartbeat of childhood, but they can also be a source of stress, worry, and confusion for both kids and parents. In this practical and insightful session, we'll explore what really helps children form strong, positive friendships and how to support them when things get tricky. You'll learn how to guide your child through friendship ups and downs, build their social confidence, and nurture empathy and resilience along the way. Perfect for parents who want to help their children thrive socially,	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars

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				emotionally and personally, both now and for the years ahead.	
12/3/26	12.30pm – 1.30pm	Building your child's brain for lifelong health: The Oxford Brain Story	Online session	Join us for an engaging and accessible webinar based on The Oxford Brain Story, a public health initiative that highlights the importance of early brain development for lifelong health. Co-facilitated by Professors Elizabeth Rapa and Louise Dalton from the University of Oxford, this session will introduce you to five evidence-based metaphors that make the science of brain development easy to understand and apply in everyday life. You'll explore how children's brains develop in the early years, discover what experiences strengthen brain growth and learn how early experiences shape long-term health and wellbeing. Through interactive micro-sessions, you'll also consider practical ways to bring this knowledge into your day-to-day parenting. You will gain a deeper understanding of your child's developing brain and practical ideas to support their lifelong growth and resilience.	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars
18/2/26	7.30pm – 8.30pm	A parent's guide to understanding autism and ADHD together	Online session	Join us for a practical and enlightening webinar that helps parents navigate the unique experiences of children with both autism and ADHD. This session explores how traits from both neurotypes interact in daily life, shaping behaviour, emotions, and responses to the world. You'll gain insight into recognising masking and burnout, and learn neuro-affirming approaches to support regulation, manage sensory overload, and strengthen executive functioning. Packed with practical strategies for both home and school, this webinar will give you the tools and confidence to reduce overwhelm, foster resilience, and help your child thrive. Attend to better understand your child's needs and	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars

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				discover approaches that truly make a difference in their day-to-day life.	
25/3/26	7.30pm – 8.30pm	From meltdowns to mindfulness: Practical tools for peaceful parenting	Online session	Join us for an insightful webinar to help you embrace mindful parenting and find ways to create calm within the chaos. Learn how to parent with intention, self-awareness and kindness while supporting your child’s emotional growth through co-regulation. This session offers practical tools, strategies and self-care tips to help you nurture a gentle, mindful approach to parenting, build a stronger connection with your child and foster greater harmony in your home.	Sign up using the link: https://www.parentkind.org.uk/your-pta-expert/parent-webinars