

### Programme of Support for Families 2025.26 Term 1 & 2

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](mailto:SFF@gwacademy.co.uk).

Date	Time	Activity	Staff involved	Explanation of session	How to join this session
16/9/25	6pm – 7pm	Introduction to year 7	HCL/ ABR	During the Year 7 Parents Information Evenings, there will be a talk on what to expect as a GWA Year 7 parent. We will discuss expectations, top tips, phone safety & hygiene. There will be time for FAQs and a representative from Kooth.com, a mental health charity.	Drop in
30/9/25	7.30pm – 8.30pm	Autism and transitions into secondary school	Online session	This webinar looks at transitions and changes as major causes of distress for autistic individuals. It discusses support strategies that could be implemented to reduce these stresses, including a discussion into person-centred planning and how schools, families and professionals can implement interdisciplinary working to make the transition from year 6 into year 7 more manageable.	Sign up using the link: <a href="https://www.parentkind.org.uk/your-pta-expert/parent-webinars">https://www.parentkind.org.uk/your-pta-expert/parent-webinars</a>

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8/10/25	7.30pm – 8.30pm	Supporting an anxious child	Online session	Join us for an empowering online workshop designed to equip parents and caregivers with the tools and knowledge to support anxious children effectively. Delivered by Bridge the Gap Child Mental Health, this workshop covers essential strategies for understanding, managing and reducing anxiety in children.	Sign up using the link: <a href="https://www.parentkind.org.uk/your-pta-expert/parent-webinars">https://www.parentkind.org.uk/your-pta-expert/parent-webinars</a>
9/10/25	5.30pm – 6.30pm	Life after Year 11 – A guide to post-16 options	RST/ DSM	Information evening about the range of qualifications and venues available to students in year 12. Key information for parents ahead of attending sixth form and college open evenings.	Drop in
15/10/25	7.30pm – 8.30pm	Helping your child become an independent learner	Online session	In this webinar, we'll explore the different stages of learning and identify common obstacles that can hinder a child's academic progress. You'll learn to recognise and overcome these barriers, empowering your child to take greater responsibility for their learning, work more independently, and manage emotional responses to challenges. By helping your child develop the skills to navigate difficulties on their own, they'll gain a stronger sense of control over their learning journey, leading to improved academic performance and better mental health.	Sign up using the link: <a href="https://www.parentkind.org.uk/your-pta-expert/parent-webinars">https://www.parentkind.org.uk/your-pta-expert/parent-webinars</a>
11/11/25	5.30pm – 6.30pm	Year 10 parents information evening	RWH/ EFL/ ABR	This session will explore the journey year 10 students will go on this year, looking at support in place at school and support you	Drop in

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				can offer your child. This will include the calendar for the year and overview of teaching and learning, revision support and strategies and support around mental health and emotional wellbeing.	
12/11/25	7.30pm – 8.30pm	Setting boundaries: more than just behaviour management	Online session	<p>Feeling exhausted from repeating yourself over and over? Struggling with the pushback and emotional fallout when setting boundaries? You're not alone! Join us for an hour-long webinar where we'll explore the why behind boundaries and how they can transform your child's behaviour and your own wellbeing. Learn practical tips for setting clear, consistent boundaries, even when you're running on empty. We'll discuss: What boundaries are and why they're essential. How to decide which boundaries are right for your family. Strategies for navigating resistance and meltdowns when your child pushes back. This is a safe space to ask questions and gain insights that make parenting feel a little less overwhelming. Together, we'll unpack the link between boundaries, behaviour and emotional wellbeing- or both you and your child.</p>	<p>Sign up using the link:  <a href="https://www.parentkind.org.uk/your-pta-expert/parent-webinars">https://www.parentkind.org.uk/your-pta-expert/parent-webinars</a></p>
18/11/25	7.30pm – 8.30pm	Managing your child's smartphone life	Online session	<p>This insightful and thought-provoking webinar is suitable for parents looking to navigate the increasingly concerning issue of children and smartphone usage. With tons of advice, guidance and recent</p>	<p>Sign up using the link:  <a href="https://www.parentkind.org.uk/your-pta-expert/parent-webinars">https://www.parentkind.org.uk/your-pta-expert/parent-webinars</a></p>

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				<p>research on this issue, we have found and distilled the pertinent info that parents should be aware of. We decided to create this session following ‘non-work’ conversations between ourselves on the issue – thus, the webinar is delivered by parents ‘living’ (and struggling at times!) with this situation. Please note that this session is balanced – we cover various angles and look at the pros and cons of several options (e.g. smartphone bans, monitored use, etc.) so that attendees leave informed and are more confident in the choices they make for their child.</p>	
27/11/25	5pm – 5.30pm	Introduction to RSE	LBR/ EFL	<p>An introduction to RSE. This will cover the key topics that will be covered with your child, so you can be prepared and support with any questions.</p>	Sign up