



NEWSLETTER

A MESSAGE FROM THE PRINCIPAL



Hello everyone. I'm glad you're taking the time to read our Newsletter. This month's issue is once again packed with some wonderful extra-curricular events to celebrate.

After two terms here, I feel at home and know what needs to be done to get our school to be even better. Meeting the dozens of parents and carers since arriving, has been so important in order to get your perspective on what we do well and what we can do to improve. Thanks to all of those who have emailed me, rung me or met me. I hope you all manage to have a restful break.

End of term

School closes to all pupils on Wednesday 19th July at:

Secondary Phase – 12.05pm

Primary Phase – 12.15pm

Nursery – 11:30am

School will be open for our Year 11 students to collect their GCSE results on Thursday 24th August from 9:15am; we look forward to celebrating the pupils' successes. If your child is unable to collect their results in person, in exceptional circumstances alternative arrangements may be made. Please contact Miss Spittle by Wednesday 19th July to discuss your available options. Please note examination results cannot be shared by email or telephone.

Autumn Term

School reopens for all pupils on Wednesday 6th September.

Pupils should arrive in school at 8.25am Secondary and 8.40am Primary.

Finally, I would like to thank my colleagues for all their hard work and commitment this year, and give particular thanks to those who are leaving us: Mr M McLindon, English; Miss A Lightfoot and Mr P McGraw, Science; Miss C Ellis, Modern Foreign Languages; Mr J Eliot, English. We will miss all the staff and I wish them all the best in their new jobs and future endeavours.

Thanks parents and carers for your ongoing support. We are better when we work together.

Warm regards

R. Hicks
Principal



SECONDARY ENTRY AND EXIT



- Entry and exit into the school will be through the side entrance.
- Uniform will be checked at the door with Blue slip issued if required. (2 days to rectify any issue)
- Gates to the side entrance will be closed at 8:30am, after this time all late students must enter through the front main entrance.
- Late detention will take place during breaktime.

Primary

Start of the Day is 8:40am

Registration 8:40am - 8:50am

Period 1 - 8:50am - 9:50am

Break 9:50am - 10:05am

Period 2 - 10:05am - 11:05am

Period 3 - 11:05am - 12:50pm

Lunch - 11:35am - 12:50pm

Period 4 - 12:50pm - 13:50pm

Period 5 - 13:50pm - 14:50pm

Finish of the day is 14:50pm

Secondary

Start of the Day is 8:30am

Registration 8:30am - 8:50am

Period 1 - 8:50am - 9:50am

Period 2 - 9:50am - 10:50am

Break 10:50am - 11:05am

Period 3 - 11:05am - 12:05pm

Period 4 - 12:05pm - 13:05pm

Lunch - 13:05pm - 13:35pm

Period 5 - 13:35pm - 14:35pm

Finish of the day is 14:35pm



Prom Class of 2023



Primary News

Farewell Year 6



As the term comes to a close we bid farewell to our Year 6 pupils as they move into their next phase of education. Almost all pupils are staying at The Grange so we will still see them daily, however this is the end of their time in Primary and we want to mark it and acknowledge this new phase for them.

Our Year 6 pupils have been a wonderful group of enthusiastic, talented, kind, thoughtful and hard working young people. They have brought fun, laughter, energy and joy to our school. They have experienced so much in their time with us. We have filled them with knowledge and skills, with bravery and understanding and they are fully equipped to go onto secondary education and be successful and happy.

We will finish the year with the usual celebrations and events including shirt signing, Leavers hoodies and an assembly event that they have prepared, We wish them well and thank them for all they have brought to our school and all they have taught us in their time at The Grange Academy.

Babies, Weddings and New staff

Mrs Betton gave birth to a baby boy last week. A bit earlier than we all expected but the good news is that the family are all well and happy. Congratulations to her and her family. Mrs Betton will return to school next summer. We send our best wishes to Mrs Williams (The Reception one) who will leave us at the end of term to start her maternity leave. Her baby is due during the summer holidays so we wish her and her family well for a happy and joyful summer.

Miss Salisbury and Miss Rose will get married this summer. Preparations are almost completed for both weddings. We congratulate them and hope that the sun shines brightly for them.

We will be joined by 4 new teachers in September. Miss Williams-Day (Reception), Miss Lea (Year 3), Miss Carroll (Year 5) and Miss Davies (Woodlands). All of the new staff have met the children and been to school and are excited to get started in September.

Miss Madders will still be with us for a short time in September before she leaves to have her baby in October. We are delighted to have new staff join us for a year and I am sure you will be as welcoming and supportive as you are to all of the Primary staff. Come and say hello in September.

Uniform

If you have any uniform that your child has outgrown that is in great condition please pass it into school. We have a community swap shop which is always in demand and is so useful. The rate children grow means that many of the items are almost new at times and can be worn again. All uniform is needed including PE kit and ties. If you need any items come and ask at the school office and swap away!

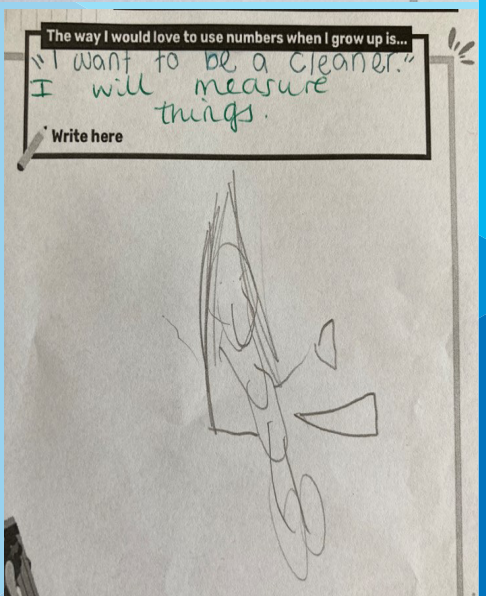
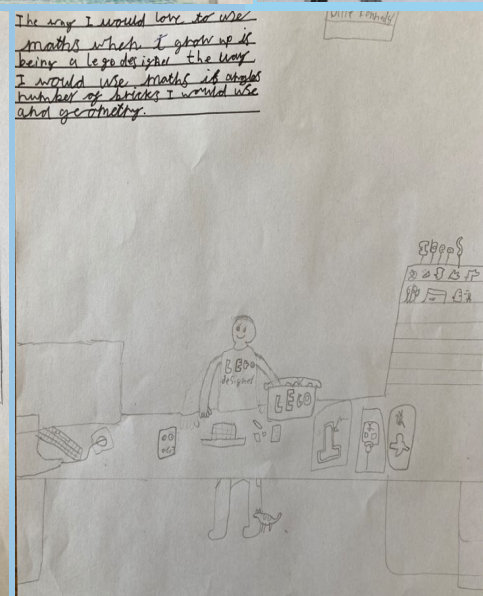
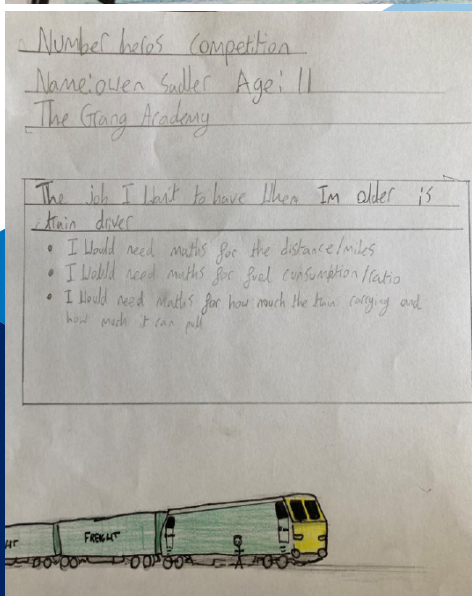
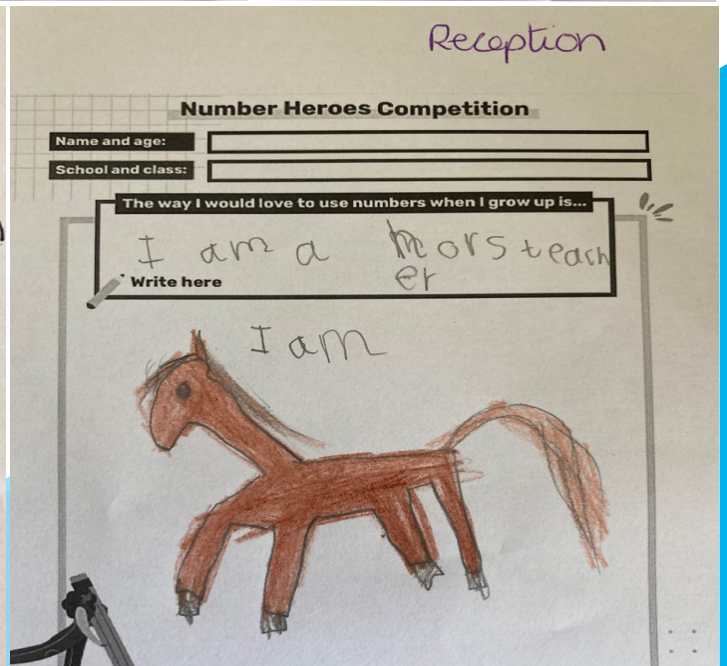
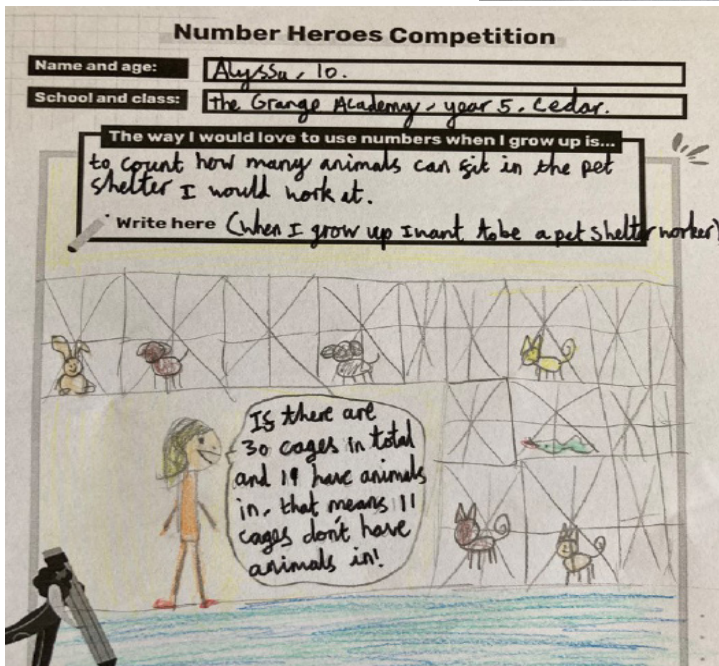
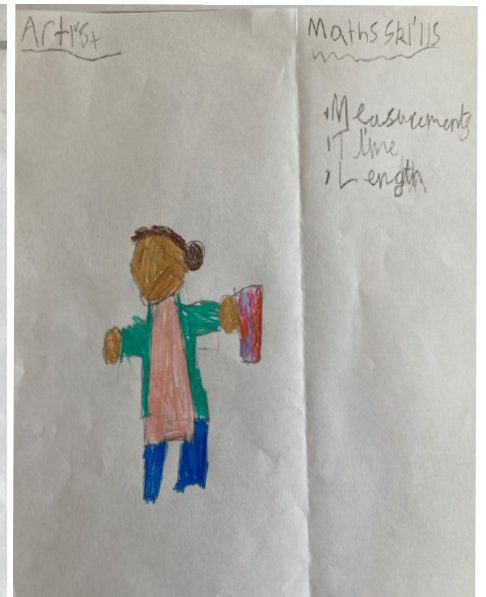
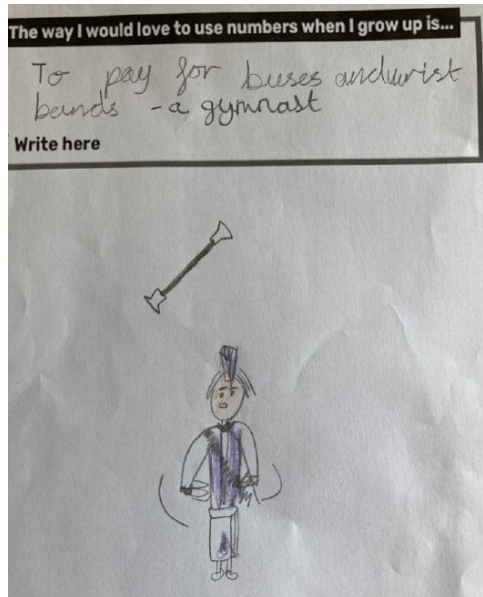
Thank you

Thank you so much for another great year. Your children are fabulous. They bring us so much joy and are a credit to you all. We have many visitors and reviewers in school and they always praise the children stating how polite, how intelligent, how thoughtful and how well behaved they are. They are an absolute credit to you. I know that the relationships we share with you really support your children and together we are so much stronger. I look forward to another year of working with you all. I know the staff really appreciate your support, kindness, humour and involvement with school and your child's learning. I hope you all have a great summer and look forward to seeing you all in September.

National Numeracy Day

We held a competition for National Numeracy Day.

The children had to create a picture of them doing their dream job and tell us all the different ways they would use number.



Therapy Dogs

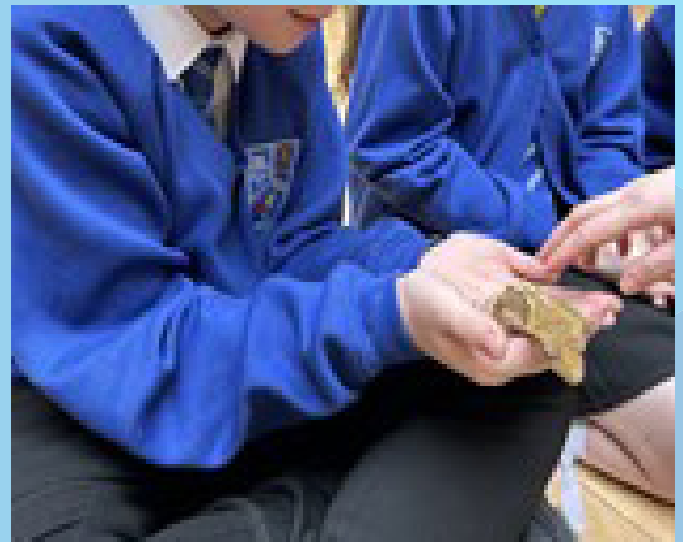


Our canine friends Dobbie and Ron along with their owner Kay have been helping us with our reading in school over the past half term. It has been a pleasure to welcome them into our school and they have been a great asset to our children's progress in reading. This week, Year 6 raised some funds for the charity that supports Dobbie and Ron and they came in to see what all the fuss was about! Ron wanted to eat all the cakes and enjoyed getting lots of attention, whilst Dobbie just enjoyed the company of the children with a gentle stroke. We look forward to them joining us again in September.



Animal Teach

This term we have had the privilege of welcoming back Niaomi and our Animal Teach After School Clubs. The children have been exploring many different reptiles whilst learning safe handling, how to check to health check the animals by being a mini vet and what type of habitat they live in and creating the perfect habitat for them. The feedback from the children has been amazing and they often ask when the animals will be coming back in to see us again. Next year our after school work shops will be back again but look out for our new programme of activities and new species that Niaomi will be putting onto her activity license.



Mad Science

This term our primary school children have had the exciting opportunity to sign up for Mad Science. This was a six-week programme where the children immersed themselves in lots of new science knowledge, experiences and experiments - they have loved it. The feedback from the children and families has been brilliant and we will be looking at doing this again next year with a new programme of activities. Watch this space!



WW2 Day

On Wednesday 12th July, Year 4 took part in a WW2 Day. This included dressing up, taking part in an evacuation simulation, participating in rationing and Blitz role-play and then planning, preparing and taking part in a VE Day party. It was lots fun!



School Band Performance

Tuesday the 20th June, the school band were invited to perform at Cronton College. The outstanding band consisted of Alfie Gardner on drums, Lizzy Tyrell on bass and electric guitar, Ollie Dale on synth and acoustic guitar, Jack Collins and Libby O'Brien on electric guitar, George Collins on bass guitar, Gabriel Phillips on electric guitar and Eva Worrall on vocals. They performed "Superstition" by Stevie Wonder and "Let's Dance" by David Bowie.

Dave Foster who teaches guitar, bass and drums said "the band did both me and themselves proud. All the hours of practising and rehearsing really paid off and they all rose to the occasion. Their performance was flawless, and the audience loved them".

Ollie Dale then performed his own version of The Beatle's classic, "Yesterday" on acoustic guitar and vocals, which went down an absolute treat with everyone!

Our performances ended with Darcey Wilson-Parkes and Eva Worrall singing the duet "I Know Him So Well" which wowed everyone.

Lucy Myer's, the head of music at Cronton College said: "Thank you so much for the performances from the students at The Grange Academy who made our concert a success. You have incredibly talented performers. All the students performed with confidence and engaged the audience. We look forward to you all performing here again".

Well done!



Maths School Competition

Eight students from Year 8 took part in a maths competition day at The University of Liverpool Maths School against students from many other schools. All students conducted themselves fantastically, working as a team to solve a variety of different puzzles and problems. They finished 2nd overall, a brilliant achievement.



JMU Science trip

Our Year 10 students visited John Moores university to take part in a Chemistry day in the labs to investigate the Chemistry of Food, as Food Analysts, Technologists and Nutritionists would.

They used Chromatography to investigate the different dyes used in food and drink. They then investigated the amount of Vitamin C there is in orange juice, using Titration methods.

Year 10 were able to identify the amount of Iron in food using a very expensive and sensitive machine using Visible Absorption Spectroscopy.

As usual the students enjoyed a great day at the University and, as always, the University staff commented on how polite and well behaved our students are.

Well done to the 3 prize winners, each chosen for their brilliant effort – each received an amazon gift voucher.

Mrs Harris

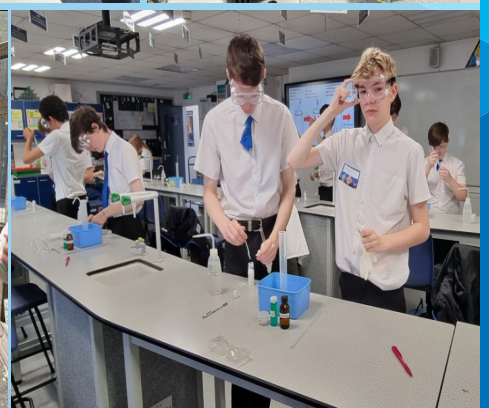


Cronton College Sampling Day



All of our amazing year 10's attended a taster day at Cronton College, and all got the sample four subject/course of their choosing. All of our year 10's were fantastic representatives for our school and conducted themselves well while having a great day sampling what a day at college will be like for them in just one year's time.

Students had the chance to sample a range of subjects from Chemistry to hair and beauty. All students gained a vital insight into their post 16 studies, and it gave them food for thought about their future.



Animal Care

The Year 10 Animal Care class recently took a trip to Hayrack Church Farm. The trip was organised to help Year 10 complete part of their coursework in which they have to demonstrate that they can safely handle an animal and perform a health check on it. All of them successfully completed this part of their coursework, so a big well done to them all!

During the trip, they also cleaned out the animal's accommodation, fed them and even got some cuddles with a baby goat! The whole class got really involved and were a credit to the school.



Extra Curricular

A squad of Y7 players played in an 8-a-side football tournament at Wade Deacon.

The format of the event was two groups of 4 teams consisting of: Wade Deacon, St. Peter & Paul (A & B teams), OCA, The Heath, Helsby High School, OBA and The Grange.

In the group stages the team record was Won 1 (Vs OBA) Drew 1 (Vs The Heath) and Lost 1 (Vs Helsby).

The team were unlucky to have conceded in their match versus Helsby due to a freak deflection. The team finished 2nd in the group overall which meant they faced the 2nd placed team from the other group (P&P) in the 3rd place play-off match.

In a fiercely contested match, The Grange conceded 2 early goals but in the second half showed grit and determination to score 2 goals to equalise, eventually taking the match to penalties. In the penalty shoot-out The Grange Goalkeeper Jacob saved the first penalty, which put the team in a commanding position. Thereafter, The Grange penalty takers scored all four of their attempts and with P&P also shooting one wide the match ended with The Grange as 3rd placed team. There were some fantastic performances from all players involved and they were a credit to the school in terms of their attitude and approach towards officials and their opposition. Well done!



Sports Day

On Wednesday 12th July KS3 (Years 7-9) participated in our annual Sports Day. During periods 1, 2 and 3 students had the choice and participated in a range of sports consisting of Football, Dodgeball, Basketball, Netball, Rounders and Table Tennis. During period 4 and period 5 a select number of Students competed in a series of races including the 400m, 100, 200m and 60m sprints. It was fabulous to witness the number of students, particularly from year 7 who turned out to compete and there were a number of new school records set. The results are included below, the students highlighted also managed to set a new school record. Congratulations to all students who participated:



The Grange Academy Sports Day 2023 Results



Event	Winner	Time
Y9 60m Boys	T. Pines-Gallagher	8.09s (2023)
Y9 60m Girls	G. Wilkinson	9.41s
Y8 60m Boys	J. Taylor	8.65s
Y8 60m Girls	J. Clegg	9.69s
Y7 60m Boys	H. Furnival	9.01s
Y7 60m Girls	J. McDonald	8.97s (2023)
Y9 100m Boys	T. Pines-Gallagher	13.7s
Y9 100m Girls	G. Wilkinson	15.6s
Y8 100m Boys	J. Bryant	14.46s
Y8 100m Girls	J. Clegg	15.84s
Y7 100m Boys	H. Furnival	14.81s
Y7 100m Girls	J. Mitchell	16.14s

Event	Winner	Time
Y9 200m Boys	T. Pines-Gallagher	31.37s
Y9 200m Girls	S. Ward	37.02s
Y8 200m Boys	J. Bryant	31.83
Y8 200m Girls	J. Clegg	33.83s
Y7 200m Boys	H. Furnival	34.07s
Y7 200m Girls	J. Mitchell	34.72s
Y9 400m Boys	T. Pines-Gallagher	1:09.25
Y9 400m Girls	I. Taylor	1:46.37
Y8 400m Boys	-	-
Y8 400m Girls	K. Young	1:34.33
Y7 400m Boys	E. Morris	1:14.44
Y7 400m Girls	C. Orme	1:37.88



Our community shop is open all year, this is a free and confidential service. Please contact us on 01928 560660 or alternatively you can email Info@thegrangeacademy.co.uk.

THEGRANGEACADEMY.CO.UK

COMMUNITY SHOP



WORD OF THE WEEK

Each week, we look at a high-frequency, useful word (which may be difficult to interpret) and explore the definition, sounds, spelling, word-families, grammar and history surrounding it.

How you can help:

Encourage the use of the word in speaking and writing; model the use of the word when you talk.

EMOJI BOOKS

Can you guess the name of this well known children's book from this emoji?



PRIMARY

Parallel (Adjective)

straight lines that always stay the same distance from each other and never meet.

Exclamation (Noun)

a sound, word, or sentence that is spoken suddenly, loudly, or empathetically and that expresses excitement, admiration, shock, or anger.

SECONDARY

Collaborate

Work jointly on an activity or project.

Synonyms:

Co-operate/ Join/ Amalgamate/ Combine/ Unite



DEBATE MATE

VIRTUAL DEBATE CLUBS

WITH 95% DISCOUNT!



Young Lawyers Virtual Summer Camp

Running 9:00-12:00 BST, 31st July - 3rd August

Become a Young Lawyer in just 4 days! Develop negotiation, advocacy and public speaking skills, supported by our world-class university mentors. This immersive, interactive and high-energy course will culminate in an exciting mock trial.

Designed for children aged 8-16 with all levels of debating experience.

Price reduced from £250 to £12.50 per child with 95% off!

Debate Like A World Champion! Virtual Summer Camp

Running 9:00-12:00 BST, 24th- 27th July



Learn the fundamentals of debating in a fun, supportive virtual environment! Students will work alongside peers from around the world to develop their communication, confidence and critical thinking skills.

Designed for children aged 8-16 with no debating experience.

Price reduced from £250 to £12.50 per child with 95% off!

Autumn Term 5-Week Courses

Range of dates running across 11th September - 9th December

Our short courses are a deep dive into a fun & exciting topic stretching beyond the school syllabus. In the Autumn Term we'll be running **Exploring Entrepreneurship**, focussing on business skills, **Exploring Journalism**, aimed at budding news reporters and **The Great Debates**, our current affairs discussion group.

Designed for children aged 8-16 with all levels of debating experience.

Price reduced from £100 to £5 per child with 95% off!

95% OFF CODE: DEBATEMATESTUDENT

Enter this code at the last stage of the payment process.

Email us on virtual@debatebate.com with any questions or issues.

Visit <https://debatebatevirtual.com> to book and find out more!



As our car park gets extremely busy during drop off and pick up times, we ask parents/carers/visitors to ensure that they do not block in or obstruct other vehicles and do not park on the zig-zag markings on Latham Avenue. Disabled bays are allocated for parents/students who have limited mobility and must display a blue badge. Please be observant of pedestrians and also remind children of the importance of road safety - using zebra crossings correctly, checking before they cross the road etc. We appreciate your support in keeping all members of our community safe.

SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL HEALTH

Have you noticed changes in your child's behaviour?

Everyone can often feel low, angry or worried at times. But if these changes are lasting a long time or are greatly affecting your child, it might be time to seek some guidance.

There are things you can look out for that might suggest your child is worried about something:

- Significant changes in how they behave and act
- Problems sleeping such as getting to sleep, waking often and being tired all the time
- Being withdrawn or avoiding certain situations or people
- Not wanting to do things they usually enjoy
- Hurting themselves on purpose to help cope with difficult feelings or neglecting themselves

Before you seek help you might want to think about whether your child is getting everything they need to be healthy such as;

- A healthy balanced diet including plenty of water
- Enough sleep
- Plenty of physical activity
- A home where they feel safe and loved
- Friends, hobbies and interests

There are lots of places you can get advice and help to support you and your child.

If your child is in a mental health crisis you can contact the local mental health crisis line for free on 0800 051 1508. Available 24/7 and can also support adults who need urgent mental health support



Young Minds provide a FREE Parents helpline and web chat providing confidential expert advice write up You can call for free on 0808 802 5544 from 9:30am - 4pm, Monday – Friday



Speak to a School Nurse or Health Visitor via Chat Health text service. The number will operate between 9am and 5pm Mon-Fri and messages will receive a response within 24 hours



ADDvanced solutions support children, young people and families living with neurodevelopmental conditions. You don't need a diagnosis to access support. Email: info@addvancedsolutions.co.uk or Tel: 0151 486 1788



Feeling anxious, worried or overwhelmed? SHOUT provide free confidential support via text 24 hours a day 7 days a week. <https://giveusashout.org/> Text REACH to 85258



Kooth is a free anonymous, confidential, safe, online wellbeing service, offering professional support, information and forums for young people aged 11-25. Access to counsellors 365 days a year available from 12 noon to 10pm Mon-Fri



18 and under? Childline provide support 24 hours a day 7 days a week via telephone, email and online web chat with a counsellor. Calls are free from mobiles and landlines and won't show on your bill Call: 0800 1111 <https://www.childline.org.uk/get-support>



The local Mental Health Info Point has details of support available for a variety of worries and concerns as well as info on how to look after your mental health and wellbeing. Scan the QR code on your smartphone or visit www.halton.gov.uk/mhinfopoint



SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL HEALTH

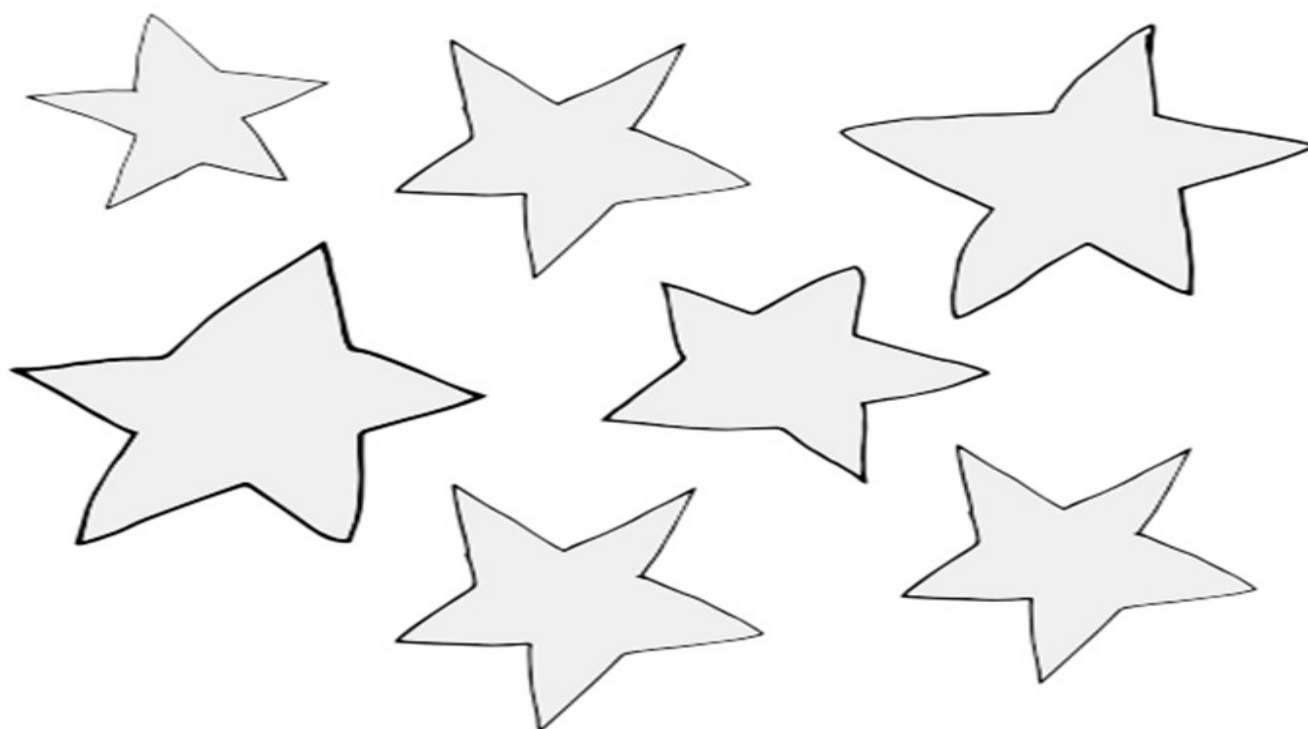
Spread Joy With Acts of Kindness

Random acts of kindness are meant to offer the world kindness. They are proven to make us feel good, and it can help us feel connected to reach out with kindness.

They can be small acts such as getting something from a shelf that someone can't reach, or bigger acts such as helping a sibling or friend with homework, or sending someone an uplifting message or a gift.

In the stars below, fill in your random acts of kindness. You can do one a day for a week, one a week, or just whenever you feel like them.

How does it make you feel to offer the world your kindness?



Holiday Activity and Food Provision

Halton Holiday Activity Fund (HAF)

Summer 2023

For more information please follow the link below:-
<https://www3.halton.gov.uk/Pages/health/hit/start/haf.aspx>

Halton Borough Council is delighted to announce that it has secured additional funding to enable local providers to offer FREE activities during the summer holiday period to school aged children from Reception to Year 11, who receive benefits-related to free school meals. There are also a number of places available to other vulnerable groups of children and young people, such as SEND, Young Carers, NEET.



BOYDELL'S

Your local Uniform shop

17-19 Victoria Road, Widnes, Cheshire WA8 0PU Tel: 0151 424 3257
 email: shop@boydellsport.com Website: www.boydellswidnes.co.uk

The Grange Academy Price List May 2023

Primary

Uniform	Cost
Crew Neck Sweatshirt KS1	£12.00
Cardigan	£13.00
Tie	£5.00
V Neck Sweatshirt KS2	£12.00
PE Tshirt	£6.00
PE Shorts	£6.00
PE Bag	£5.00
20 x Iron on Name Labels	£4.00
Bookbag	£10.00



School uniform is available all year round.

Please contact the shop with any queries

**Shop Opening
Times**

**Monday to Friday - 9:00am to 5:00pm
Saturday - 9am to 12noon**

AUGUST LONGER OPENING HOURS

Saturday 9am to 5pm

Sunday 10am to 4pm

10am to 4pm August Bank Holiday



BOYDELL'S

Your local Uniform shop

17-19 Victoria Road, Widnes, Cheshire WA8 0PU Tel: 0151 424 3257
email: shop@boydellsport.com Website: www.boydellswidnes.co.uk

The Grange Academy Uniform Price List May 2023 Senior

Size	Uniform	Price
Chest up to 36	Bespoke Blazer with embroidered badge	£37.00
Chest from 38	Bespoke Blazer with embroidered badge	£43.00
Longer Length	Bespoke Blazer with embroidered badge	£43.00
up to 32" waist 20" drop	Bespoke Tartan Skirt	£27.00
From 34" waist 20" drop	Bespoke Tartan Skirt	£28.00
All sizes 22" drop	Bespoke Tartan Skirt	£32.00
extra charge for special order size skirts		
All sizes	Black Trousers	£25.00
One Size	Tie	£8.00
All sizes	White shirts twin pack	£18.00
All sizes	Black Plain V Neck Cotton Jumper	£18.00
Size PE Kit - Boys & Girls		
All sizes	Poloshirt	£16.00
All sizes	Shorts	£12.00
All Sizes	Socks	£6.00
All sizes	Outdoor Top	£25.00
All sizes	Outdoor Trackpants	£15.00
Size PE Kit -Boys		
	Rugby Top	£25.00
Size PE Kit -Girls		
All sizes	Skort	£15.00
All sizes	Leggings	£15.00



Shop Opening Times:

Monday to Friday - 9:00am to 5:00pm

Saturday - 9am to 12noon

AUGUST LONGER OPENING HOURS

Saturday 9am to 5pm

Sunday 10am to 4pm

9am To 4pm August Bank Holiday

Solihull Approach

Free Online Courses

Do you live in Halton?
FREE online courses for all residents

- 1. Understanding pregnancy, labour, birth and your baby**
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.
- 2. Understanding your baby**
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.
- 3a. Understanding your child (0-19 yrs) (main course)* or 3b. Understanding your child with additional needs**
Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.
- 4. Understanding your teenager's brain (short course)**
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

And many more! For parents, carers, grandparents and teens
For further details, visit: www.inourplace.co.uk

The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

* Professionally translated into: Bulgarian, Modern Standard Arabic, Polish, Simplified Chinese, Somali, Urdu, Welsh
More languages available via Google Translate

Follow actions to apply an Access Code

Access Code: TOGETHER

Go to www.inourplace.co.uk

Apply the Access Code for FREE access! Fill in some details to create an account To return to the course(s), go to www.inourplace.co.uk and sign in!

For technical support, contact: support@inourplace.co.uk 0121 296 4448 (Mon-Fri, 9am-5pm)
www.inourplace.co.uk www.solihullapproachparenting.com
@SolihullApproach @SolihullApproach (NB: 1 p)

Online courses for parents, parents-to-be, relations & foster carers

The courses, worth over £100, have been prepaid for ALL Halton families!

From bump to 19 years
Lifetime access

Go to: www.inourplace.co.uk and enter the Access Code: **TOGETHER**
To return to the course(s), go to www.inourplace.co.uk and sign in!

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@SolihullApproach @SolihullApproach (NB: 1 p)

'Understanding your child with additional needs'
A new online course for parents.

This online course is for parents, relatives and friends of children who have a physical or learning disability, or may have autistic traits. In the UK, you may be within the SEND (Special Educational Needs and Disability) system. Some parents describe their child as differently abled, or neurotypical.

Online course for residents of Halton
'Understanding your brain (for teenagers only!')

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?

Your brain is changing! Find out more!

Go to: www.inourplace.co.uk and enter the 'access code' **TOGETHER** to gain FREE (prepaid) access where eligible

For technical support, contact: support@inourplace.co.uk 0121 296 4448 (Mon-Fri, 9am-5pm)

It is equivalent to a: **10 SESSION GROUP**

A BIG course, with lots of relevant content.

This course is in two sections:

- Level 1** Lays the foundation for understanding your child.
- Level 2** Looks at some particular aspects of parenting: sleeping and anger management.

Once you've finished level 1 you can progress onto level 2 if you'd like.

Online course for residents of Halton
'Understanding your feelings (for teenagers only!')

Feeling overwhelmed? Confused? Want to know more about your feelings? Your thoughts?

- Includes a Module on the emotional effects of the COVID-19 pandemic

Emotions are powerful! Find out more!

Go to: www.inourplace.co.uk and enter the 'access code' **TOGETHER** to gain FREE (prepaid) access where eligible

For technical support, contact: support@inourplace.co.uk 0121 296 4448 (Mon-Fri, 9am-5pm)

A total of: **14 MODULES**

15-20 mins each.

Some of what this course covers:

- How your child develops
- Understanding how your child is feeling
- Tuning into what your child needs
- Different styles of parenting
- Why is sleep important

Want to read our online courses in your first language?

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Click on the Google Translate box and select your language

Please use an internet browser (the thing you use to access the internet) that supports the Google Translate widget; such as Microsoft Edge, Google Chrome, Ecosia or Firefox (unfortunately this does not include Internet Explorer). (This is not a professional translation, so we take no responsibility for the quality of the translation)

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