



**Hodgson Academy**  
*Imagine • Believe • Achieve*

# Year 10 Wellbeing Evening

**25 June 2019**

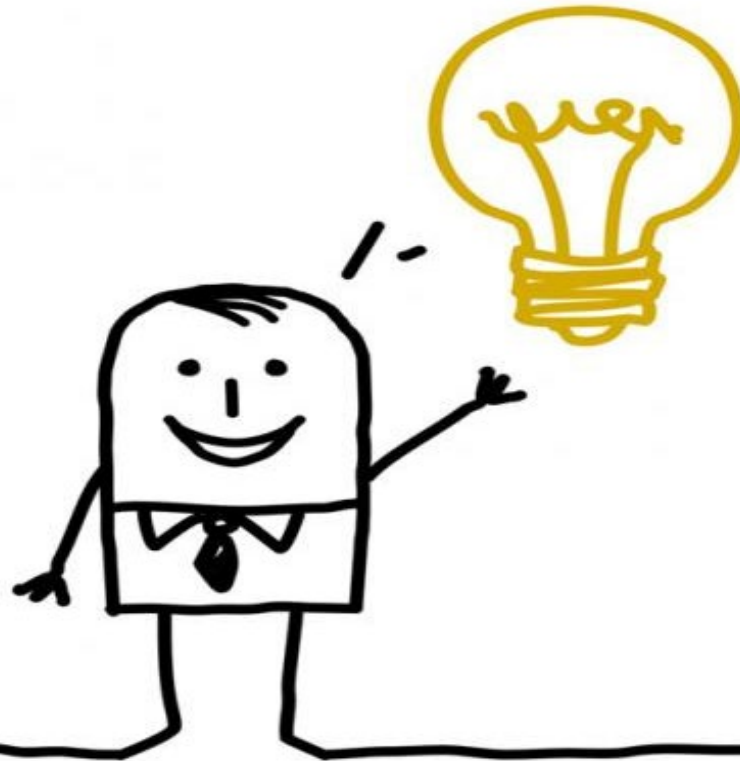


**Hodgson Academy**

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**Welcome**

**Mr Marsden**



# Well-being



# How can you help your child and prepare them to perform?

1. Sleep Patterns
2. Help them set goals
3. Unplugging
4. Being a good role model
5. Keeping Active
6. Healthy eating
7. Timeout
8. Staying cool & calm
9. Belief
10. Be supportive

Each day you can support your child to make choices which can impact how they perform in and outside of school

# 1. Sleep Patterns

- Young people need between 8 – 9 hours sleep per night
- Help your child create a relaxing evening routine
- Make sure they don't eat too late at night
- Avoid giving them caffeine or sugary drinks late at night
- Make sure they don't work or revise too late before going to bed
- Encourage them to switch off from social media / technology at least an hour before bedtime



## 2. Goal Setting

- **Encourage** them to keep their goals planner visible – e.g. printed and displayed on their bedroom wall
- **Help focus** them and talk to them about their goals regularly
- Give **positive reinforcement**
- **Connect** with them about ‘**why**’ and ‘**what**’ they want to achieve



# 3. Unplugging

- ✓ Encourage them to unplug from technology everyday
- ✓ Help them switch off from technology at least 30 mins- 1 hr before going to sleep
- ✓ Support your child to appreciate the world around them rather than being governed by their phone
- ✓ Make sure they put their phone away, & on silent, while they are concentrating on tasks / revision / homework
- ✓ Help them learn to have the control to not be obsessed with their phone
- ✓ Choose some time each day/week to switch off and unplug from technology with them





# Online activity

- ❖ **Online gaming**
- ❖ **Social media**
- ❖ **Online grooming**
- ❖ **Gambling**
- ❖ **County lines**



## 4. Being a role model

**Set a good example by modelling the behaviour you want your child to adopt...**

- Planning for the week
- Eating healthily and well
- Keeping hydrated
- Leading an active life
- Staying calm
- Being organised
- Good sleep habits



## 5. Keeping Active

- Encourage them to keep active on a daily basis
- Carry out exercise in manageable chunks e.g. 3 x 20 min sessions throughout the day
- Plan to do active things together on a weekend: walks , days out, entertainment that doesn't involve a screen, gym, footie or other team sports etc.
- After exercise your brain functions well, **so encourage a revision session afterwards!!!!**

60  
minutes  
per day



## 6. Healthy Eating

- Plan your family meals for the week – breakfast, snacks, lunches and evening meals
- Get them involved in the weekly shop and cooking – skill for life
- Avoid high sugary and fatty foods or drinks – links to mood/ highs and lows/teeth rot/ kidney disease/ diabetes/heart disease/cancer/ depression/skin aging and acne/drains energy.
- Aim to eat clean, fresh and healthy foods
- Treats are important
- Encourage them to eat breakfast everyday
- Hydration is key to brain functioning so make sure your child carries a bottle of water with them





# 6. Healthy Eating

## A BALANCING ACT

Keep your sugar levels under control.

**Carbohydrates** Macro Cheat Sheet

Breads	Beans	Chicken	Eggs	
Rice	Sprouted	Turkey	Salmon	Acocado
Couscous	Grains	Egg Whites	Bacon	Nut Butters
Cereals	Quinoa	Fish	Chia Seeds	Egg Yolks
Bran	Most Yogurts	Buffalo	Cottage Cheese	Nuts
Potatoes	Skim Milk	Bison	Whole Fat Milk	Oils
Pasta	Peas	Whey Protein	Duck	Olives
Oats		Turkey Bacon	Whole-Fat Yogurt	Flaxseed
Cream of Wheat		Lean Beef		
Corn		Low/Non-fat cottage cheese		
English Muffins		Low/Non-fat greek yogurt		
Pancakes				
Whole Wheat/Whole Grains				
Vegetables				
Squash				
Pumpkin				
Berries				
Fruits				
Sugars				

**Proteins**

**Fats**

Eating the right food and drink can energise your system, improve alertness and sustain your child through the long exams

### IRON CHECKS

A good time to check bloods and iron levels perhaps. Check on lethargy levels

## MIGHTY MAGNESIUM

Magnesium is involved in over 1000 enzymatic reactions in the body. It's vitally important in providing our cells with energy

- Green vegetables
- Nuts
- Pulses
- Fish
- Bananas

## UP THE B'S & OMEGA 3'S

B vitamins are directly involved in creating energy at a cellular level & will give you an energy boost

- Green vegetables
- Asparagus / Spinach
- Broccoli
- Yoghurt
- Chicken / Salmon
- Whole Grains / Brown rice
- Almonds / Pecans
- Eggs

## 7. Time Out

Encourage them to build in opportunities to take some time out every week, away from study. For example:

- Going out for food
- Seeing friends
- Having a bath
- Listening to music
- Reading a book
- Doing a hobby
- Going shopping
- Going to the cinema



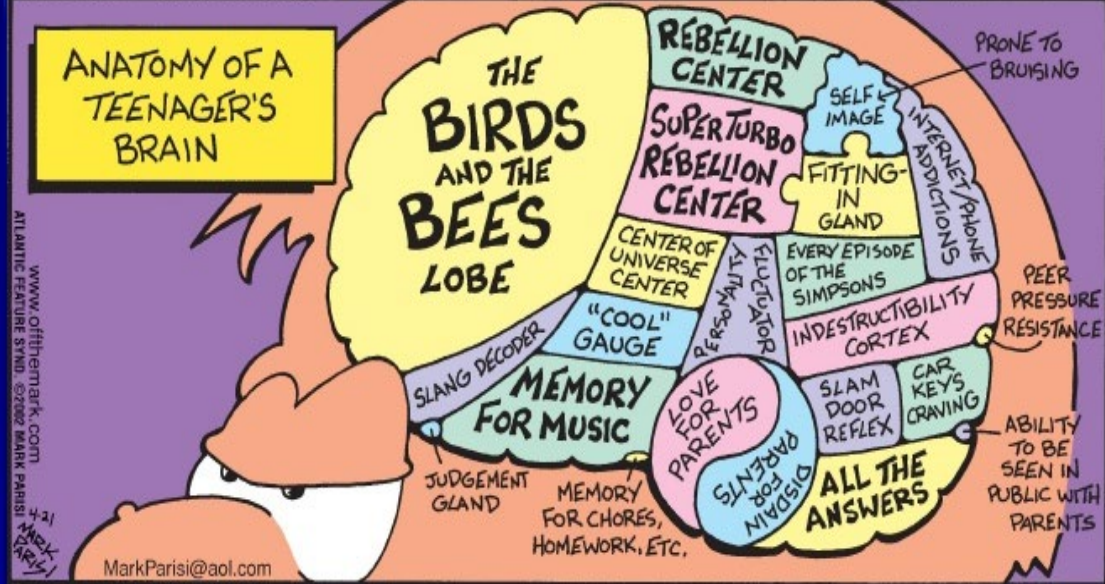
**TAKING TIME OUT**

IS AS IMPORTANT AS PUTTING TIME IN



# The Teenage Brain

off the mark.com by Mark Parisi



www.offthemark.com  
ATLANTIC FEATURE SVGN. ©2002 MARK PARISI  
4-21  
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<http://www.squidoo.com/stopteendinking>





# DRUG CONCERNS

**37% of 15 year olds**

Weed/Bud (Bispham Bud/Blackpool Bud)

Ketamine

Spice

Methamphetamine

Cocaine

Nitrous oxide and new psychoactive substances

Legal Highs

**Know their friends** – peer pressure is one of the most influential factors affecting young people's alcohol consumption. Children whose friends drink alcohol are [five times more likely](#) to drink than those whose friends do not.

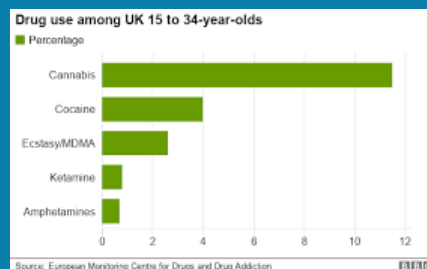
## ALCOHOL CONCERNS

**'For each year during adolescence a young person doesn't drink alcohol, they are 10% less likely to abuse alcohol as an adult.'**

**Better exam results:** Drinking once or twice a week has been associated with scores around 20 points lower at GCSE (equivalent to 3 grades, or the difference between an 8 and a 4 in one subject); and drinking on most days may mean 80 points lower scores (equivalent to 13 grades) (National Centre for Social Research 2010).

**DO YOU KNOW WHERE YOUR CHILD IS? DO YOU SPEAK TO EACH OTHER WHEN THERE ARE PARTIES AND SLEEP OVER?**

**WEEKEND PARTIES- Serious safeguarding concerns.**





**HORIZON**  
Alcohol, drugs & sexual health support



**nest**  
Lancashire  
Supporting Lancashire's Young People

**talk zone** young people's service

**Get advice and support**

**Youtherapy**  
We offer therapy at various locations, so please ask for details.  
**Drop-in**  
If for any reason you are not coping and need someone to talk to, you are welcome to attend the drop-in sessions which are:  
Every Wednesday  
(Excluding Bank Holidays)  
Between 3:30pm and 5:00pm  
At Connect, 26 Talbot Road, Blackpool, FY3 1LF  
For all enquiries please  
Tel: (01253) 955858

**young addaction**

**Young Addaction Lancashire**

Lancaster YMCA, Fleet Square LA1 1EZ  
Preston Urban Exchange, Theatre Street PR1 8BQ  
Burnley CVS, 62-64 Yorkshire Street, Burnley BB11 3BT

(01772) 281495 – Main Office Number  
0808 164 0074 – Client line (freephone)

✉ [spoc.yalancs@addaction.org.uk](mailto:spoc.yalancs@addaction.org.uk)  
🐦 YAddLancs  
📘 YoungAddactionLancs

**mind**  
for better mental health

**Mind's A to Z of mental health**

Information and advice on a huge range of mental health topics

Someone to talk to  
**Problems at home/school**  
**Jobs and training**  
**Apprenticeships**  
**Staying safe online**  
**Sex and health**  
**Relationships**  
**Mental Health**  
**Self Harm**  
**Bullying**  
**Drugs and alcohol**  
**Things to do**  
**Housing, rights and money**  
**What age can I?**

🗨️ **Text 07786 511111**  
💻 **Talk online**  
[lancashire.gov.uk/youthzone](http://lancashire.gov.uk/youthzone)  
📞 **Call 0800 511111**

[facebook.com/LancashireYPS](https://facebook.com/LancashireYPS)  
[twitter.com/LancashireYPS](https://twitter.com/LancashireYPS)

You can contact us 365 days a year  
**2pm to 10pm**  
Confidential information and advice on anything that concerns you.

Enquiries may be recorded for quality assurance purposes. There is no charge to use any of these services unless your internet or mobile service provider makes a charge.

**Age 12-19** (up to 25 for young people with learning difficulties or disabilities)

**Lancashire County Council**

[www.lancashire.gov.uk/youthzone](http://www.lancashire.gov.uk/youthzone)

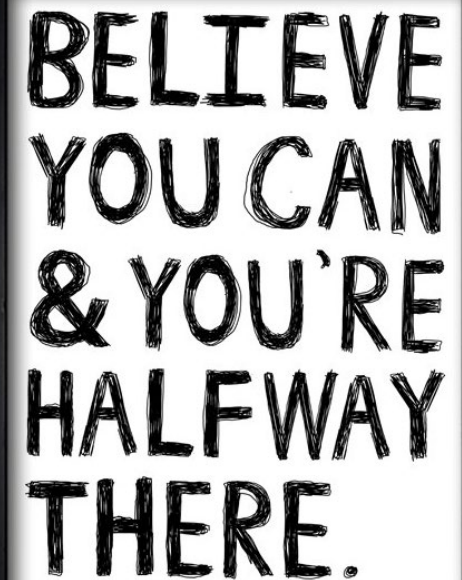


## 8. Staying Cool & Calm

- Set a good example by staying calm yourself
- Create a relaxing environment for your child
- Help them plan out coping strategies to deal with their stress
- Give them positive distractions
- Help them understand their stress & to focus on controlling the controllables
- Promote a balance of their academic studies & other positive activities during the week

## 9. Belief

- Give them positive reinforcement
- Boost their confidence daily
- Celebrate any successes and reward them e.g. if they have achieved their mini-goals
- Try not to set your expectations too high
- Show them how proud of them you are
- Highlight things to make them feel good
- Give them the belief in themselves to help them achieve



**BELIEVE  
YOU CAN  
& YOU'RE  
HALFWAY  
THERE.**

## 10. Be Supportive

Imagine  
with all  
your mind.  
Believe  
with all  
your heart.  
Achieve  
with all  
your might.

- Be a good listener
- Be approachable
- Encourage them to take breaks in between revision
- Show some understanding of what they are going through
- Help them deal with their emotions & feelings
- Offer caring advice
- Just be there for them!



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# Pathways

**Mrs Foley**



**Life after Hodgson...college or  
apprenticeship?**





# Post-16 pathways

## **In school, PSHE lessons cover:**

- pathways options
- outside speakers
- interview skills
- CV writing
- managing risk
- relationships education
- careers software

## **And we offer:**

- Visits to colleges
- Careers Convention
- Mock Interview evening
- Lunchtime sessions

## **At home:**

- Use school website for resources – careers tab
- Visit open days
- Consider a variety of options
- Support work experience
- Keep talking!



**#foleysfutures**



# The Process





# Key Dates 2019

## Blackpool Sixth

- Saturday 28th September 10.30 - 2.30
- Saturday 9th November - 10.30 - 2.30

## Myerscough 10-12.30

Saturday 7th September 2019

Saturday 5<sup>th</sup> October 2019

## Blackpool and Fylde

Saturday 21 September 2019 10am-2pm

Bispham Campus

Thursday 14 November 2019

1.30pm-4.30pm

Fleetwood Nautical Campus

## At school:

Careers Convention- October  
Mock Interview Evening- TBC

Please check websites for updated information, course details and application forms.





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**Thank you** for your  
support