



Highdown Bulletin

w/c 25 November 2024 Week B



Follow us

A MESSAGE FROM MR GRANTHAM



It's been another very productive week at Highdown and I thank parents and carers for your continued support. It's been our second Careers Spotlight Week of the academic year with a number of activities taking place to help give our students the tools to be successful in future education and employment, in addition to helping them make informed decisions about future pathways. My thanks to our Careers Team, Mr Franks, Mrs Barnett, Mrs Robinson and Mr Lester for organising and leading events. We were delighted to welcome approximately 40 organisations to our Careers Fair on Thursday evening, ready to talk to our students and families about a wide range of opportunities ahead. A group of Year 10 students headed to The Hexagon for a careers event with Mrs Hawkins, and our Year 8s attended a Growth Mindset workshop during the day led by Education Business Partnership. Their level of engagement and focus was absolutely fantastic and living up to our core value of aspiration! Next term, our Year 9 students will be making decisions about which subjects they wish to specialise in and study through Years 10 and 11.

A number of our Year 11 students have been involved in practical assessments this week in food preparation and nutrition, music and, in languages, students have started their PPE speaking exams.

As part of our annual Year 9 Character, Culture and Citizenship (CCC) curriculum, students attended a performance to explore the issue of positive and healthy relationships, focusing on the theme of sexual harassment.

As parents and carers will be aware, our Trust are currently seeking feedback from all stakeholders about the academy and the Trust. The findings from these surveys will be used to inform future planning at Trust and school levels. Students will be completing their survey in school next week. The Parent Survey opened last Friday and closes on 2nd December – you will have received an announcement on Class Charts containing the details of how to access this survey or you can use the link on the right. Thank you in advance for taking the time to engage with this – it should take no more than 20 minutes to complete.

This week's Student of the Week is Salim Bushnaq in Year 8, in recognition of his achievements outside of school. Salim recently won the 2024 Davenport Award by Berkshire Tennis and has often captained his team. He has demonstrated his passion and deep commitment to this sport alongside his school studies. Fantastic achievement, Salim!

Wishing all families a great weekend ahead.

Matthew Grantham
Headteacher (Acting)



STUDENT OF THE WEEK



GLF

<https://edurio.com/teacher/poll/p0RUa4>

The Parent / Carer Survey will remain open until 02 December.



THIS WEEK

| | |
|---------------------|---|
| Mon 25 Nov | Year 8, 9 & 10 Geographical Worldwide Quiz at Reading School—Evening |
| Weds 27 Nov | Year 10 MEP and Chinese Ashmolean Museum Trip |
| Thurs 28 Nov | SATRO Construction Festival—by invitation Year 10/11—8:30-3:30pm |
| Thurs 28 Nov | Year 13 Virtual Learning Review Meetings—4pm-6:30pm |

Assemblies for the Week in the Main Hall with Mr Grantham

Theme: Duty and Service

| Monday | Tuesday | Thursday | Friday |
|------------|---------|-----------|----------|
| Year 12/13 | Year 11 | Year 9/10 | Year 7/8 |

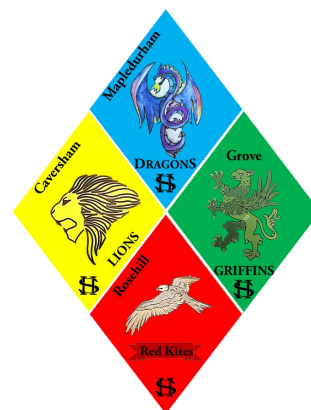
COMING UP

| | |
|--------------------|--|
| Mon 02 Dec | Year 11 Deadline for Sixth Form Applications |
| Weds 04 Dec | Year 13 Hazards Student Conference Shaftesbury Avenue 9 am- 5pm |
| Weds 04 Dec | Year 9—U14 County Football Match 2.10pm - 5.30pm |
| Fri 06 Dec | Christmas Fair 2:45-4:30pm |
| Mon 16 Dec | Year 10-12 War Horse at the New Theatre Oxford |
| Fri 20 Dec | Last Day of Term |



HOUSE POINTS

| | |
|--------------------|---------------|
| Mapledurham | 55,412 |
| Grove | 59,638 |
| Rosehill | 57,997 |
| Caversham | 58,486 |





DEADLINE TO COLLECT LOST PROPERTY—FRIDAY 06 DECEMBER

Has your child lost school uniform, PE kit, a coat, bag or water bottle?

We have lots of unnamed items in lost property.

Please ask your child to visit the lost property collection on the table next to Student Reception and check for their lost items.

Students have until **Friday 06 December** to retrieve their items, after this date all unnamed items will be donated to charity.

A reminder that it is advisable to name all items, we can then reunite lost items with their owners.





Please save your boxes!

The D&T department would be grateful for donations of containers – both chocolate tubs and takeaway boxes

Donations can be dropped off to Miss Lobo in DT3, or reception

Thank you!



KEEPING CHILDREN SAFE ONLINE

This week, the safeguarding team have had to investigate a number of issues caused by students sharing images on their phones. All students involved have been reminded that it is illegal to create, possess and share nude and semi-nude images of minors (The Protection of Children Act 1978 and the Criminal Justice Act 1988). Parents of those involved have been notified.

We strongly urge all parents to check the phones of their sons and daughters regularly. Further advice for parents can be found here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-03-24-faq/>

In addition, we would ask that you check the SnapChat account of your child. If they are members of a group called "ChilternEdge/Highdown" or similar, please remove your child from this group and block the account, if possible.

If you would like further guidance from our safeguarding leads or have concerns that your child might be affected by this, please contact dso@highdown.reading.sch.uk

Thank you.

Dr Capaldi

Deputy Headteacher and Safeguarding





ASTROPHYSICS LECTURE

On Thursday of last week, we were excited to host Dr Christina Schoettler, an astrophysicist from Imperial College London at an after-school lecture.

Dr Schoettler wowed over a hundred attendees, made up of students from Year 7 to Year 13 plus interested parents and teachers.

The mind-blowing scale of the simulations she shared with us showing millions of years of star creation, runaway stars and exoplanets (planets found outside of our solar system) was incredible and very well received.

During the Q&A, it felt particularly poignant when Dr Schoettler spoke of her personal decision not to study astronomy when she first went to university - this was due to a lack of female representation in a male-orientated industry. Nowadays, she says, this is thankfully not the case. It was wonderful to see such a wide range of attendees at the event being inspired by her lecture.

Thank you so much to everyone who attended and I'd like to thank the Head of Governors, Arttu Rajantie, for helping to facilitate this event.

Mr Hutchinson
Maths Teacher



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, visit our tip, please visit <https://www.thenationalcollege.com>.

10 Top Tips for Parents and Educators

EDUCATING CHILDREN ON SPENDING AND SAVING

Evidence shows that children's spending habits begin to form as early as seven years old. With primary schools in England not required to teach financial literacy, many young people are reaching adulthood without knowing the basics of budgeting. This guide explains how to teach young people about money in a practical way, giving them the understanding to become savvy spenders and savers.

- 1 PROVIDE POCKET MONEY**
Giving children pocket money - rather than a debit card - can help them learn to budget their own money. It's important to decide whether their own budget should be a fixed amount or based on their needs. Research shows that youngsters who receive pocket money are more likely to be able to manage their own money and are more likely to have better financial skills and significantly less debt.
- 2 USE A PREPAID CARD**
Being able to pay by card is essential these days, with many retailers not accepting cash. Since the pandemic, prepaid debit cards are one of the most popular ways of paying for things. Allowing them to get used to spending this way will be a useful skill for the future. Prepaid cards are also a good way of teaching them about budgeting and saving.
- 3 PRACTISE BORROWING**
Although official borrowing is only available to over 18s, kids need to understand how debt and interest work before they become adults and are expected to apply for credit. Let them borrow things from the school or library, or from friends. Explain how borrowing works, including how to calculate interest and how to pay it back. Encourage them to borrow responsibly and to pay it back on time.
- 4 ENCOURAGE OPEN CONVERSATION**
Talking about money and how much things cost is a good way to teach children about budgeting. Encourage them to ask questions and to explain their own spending choices. For example, why did you buy that? How much did it cost? How much did you save? Encourage them to explain their choices and to think about how they can save money.
- 5 DISCUSS THE PRESSURE TO SPEND**
Whether it's a birthday cake or a brand of sneaker, it's important to discuss the pressure to spend. Encourage them to think about why they want something and whether they really need it. Challenge them to resist the pressure to spend and to think about how they can save money.
- 6 TELLING 'NEED' FROM 'WANT'**
Helping children to distinguish between 'need' and 'want' is an important life skill. Encourage them to think about whether they really need something or if it's just a 'want'. Encourage them to save up for things they want and to be happy with what they have.
- 7 ENCOURAGE SAVING**
Encourage children to save up for things they want. This can be done by setting up a piggy bank or a savings account. Encourage them to save a small amount of money each week and to be patient. Encourage them to think about how long it will take to save up for something they want.
- 8 SPARK INTEREST IN INTEREST**
Introduce children to the concept of interest. Explain how interest works and how it can help you save money. Encourage them to think about how they can use interest to their advantage. For example, they could save up for a goal and then use the interest to help them reach it.
- 9 PAYING FOR CHORES**
This is a complex debate with no right or wrong answer. However, it can be a good way to teach children about budgeting and saving. Encourage them to think about how they can earn money and how they can use it. Encourage them to be responsible and to think about how they can save money.
- 10 PROTECT CHILDREN FROM SCAMS**
Encourage children to be careful when they are online. Encourage them to think about how they can protect themselves from scams. Encourage them to be suspicious of anything that seems too good to be true. Encourage them to think about how they can report a scam.

Meet Our Expert
goHenry is a prepaid debit card and financial education app with a mission to help young people learn about money. Dr Schoettler and goHenry have teamed up to create this guide to help parents and educators teach young people about money in a practical way.

WakeUpWednesday The National College

Source: See full reference on guide page at: <https://thenationalcollege.com/guides/wakeupwednesday>

@wake_up_weds www.thenationalcollege.com @wake.up.wednesday @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.11.2024



A reminder that our student Christmas Fair is coming up!

- Friday 06 December
- 2:45-4:30pm
- Walled Garden & Tithe Barn

There will be House stalls selling crafts, a Christmas choir, Father Christmas photo booth and refreshments on sale courtesy of the PTA.

House Leaders may ask for donations of craft materials so please keep an eye out for requests on Class Charts!



FILM CLUB
[SNACKS PROVIDED]

03 OCT 3:15 PM

SPIRITED AWAY

E6 Thursday after school with Miss Baker and Mr Hutchinson. This week we will be showing Spirited Away. Open to years 10/11/12/13

SHUFFLE LUNCH TIME CLUBS

WHEN
12.25PM - 1.00PM
YEAR 7+8
TUESDAYS
YEAR 9
WEDNESDAYS

WHERE
H18

ICEBREAKER CHALLENGES - FUN
DISCUSSIONS - SAFE SPACE TO HANG OUT - ALL WELCOME



Highdown Quiz Club

Starting Friday 11th October at LUNCHTIME in M3
Year 7 - 10

This year we will start competing against other schools so will be selecting a Year 9/10 mixed team.

Laptops are useful.
Wikipedia is king.

Mr Hutchinson and Mr Fasham

HUTCHINSON

FASHAM

MEDICAL SOCIETY
WEDNESDAY
Room: S5

MATHS SUPPORT

Sparx Club
Tuesday After School
All Years - Room M5

Yr 11 Revision
Wednesday After School
Year 11 - Room M3/M4

A-Level Help Session
Thursday Lunchtime
Years 12 & 13 - Room M7

ASTROPHYSICS CLUB

Starting; Thursday 17th October and running for five weeks

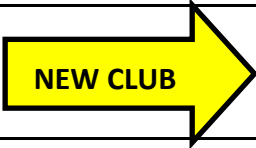
Room: M5

Years: 9, 10 & 12

In a galaxy far far away, In the not too distant future, Mr Hutchinson & Mr Verebelyi are launching Astrophysics Club.

Y9 and Y10: Junior Astrophysics Challenge preparation
Yr 12: Astrophysics Challenge



| Time/Period | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|---|---|--|---|--|
| KS3 Break | Year 9 Book Club Mrs Robinson HIVE | | | Year 8 Book Club Mrs Robinson HIVE | Year 7 Book Club Mrs Robinson HIVE |
| Lunch | Barbershop Group Mr Santer Mu3 | Reptile Club - Dr Love, S7 | Funk & Soul Group Mr Santer Mu3 | | KS3 Women in Stem DT8 Maddie (From Oct) |
| | Ukulele Club Mr Parker Mu2 | | KS4 Photography GCSE Drop in Miss Woronkowicz A4 | KS4 Photography GCSE Drop in Miss Woronkowicz A4 | Reptile Club - Dr Love, S7 |
| | Computing Club with Maddie and Beni CR4 | | String Ensemble - all years Mrs Reid MU1 | Reptile Club - Dr Love, S7 | Quiz Club, Mr Hutchinson and Mr Fasham, M3 |
| | | | Drama Club Y8 Week A Y7 Week B Dr1 Miss Holmes | | Junior Choir - KS3 Mrs Lester MU1 |
| | | Shuffle Club with Miss Druce, H18, safe space for Years 7 & 8 to hang out and play games | Shuffle Club with Miss Druce, H18, safe space for Year 9 to hang out and play games | Senior Choir - Mrs Reid MU1 | |
| | KS4 Art & Graphics GCSE Drop-in | KS4 Art & Graphics GCSE Drop-in | KS4 Art & Graphics GCSE Drop-in | KS4 Art & Graphics GCSE Drop-in | KS4 Art & Graphics GCSE Drop-in |
| | |  | Medical Society in S5 everyone welcome | | |
| After School - 4:14pm | | KS4 GCSE Photography Drop-in Miss Woron- kowicz A4 | KS4 GCSE Photog- raphy Drop-in Miss Woronkowicz A4 | KS4 GCSE Photog- raphy Drop-in Miss Woronkowicz A4 | |
| | | Whole School Produc- tion Mrs Lake - DR2 | KS3 Art Club - (A3/A2) | KS4/KS5 Film Club Miss Baker Mr Hutchinson E6 | |
| | | Physics A Level Revi- sion and homework - S5 | Orchestra - all years 3.10-3.50pm Mrs Reid MU1 | Knit and Natter - (Miss Lobo - DT3) | |
| | | Excellence Club - (CR1) Lisa Pattison | Excellence Club - (CR1) Lisa Pattison | Excellence Club - (CR1) Lisa Pattison | |
| | | Sparx Club - (M5) Miss McDowell and Mr Hutchinson | Y12 Music Technology coursework session Mr Santer Mu3 | History Club H16 Mr Scobey, all KS3 welcome - starting after Oct half term | |
| | | | KS3 Textiles Club Miss Brown DT4 Runs No- vember and Decem- ber only | Highdown Dance Company DR1 Mrs Hawkins (Jan-July) | |
| | | | | Y13 Music Technol- ogy coursework session Mr Santer Mu3 | |



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------|---|--|--|---|--|
| Before School | | | | 8am – Running Club with Mr Colvin | |
| Lunch Time | Yr 9 Fitness Club with Mr Patten (Fitness Suite) Yr 7, 8 & 9 Boys Basketball Club with Mr Thompson (Gym) | Yr 9, 10 & 11 Girls Badminton Club with Mrs Sadler (Gym) Netball Shooting Club with Miss Clark (Netball Courts) | Yr 10 & 11 Fitness Club with Mr Colvin (Fitness Suite) Yr 10 & 11 Basketball Club with Miss Warne (Gym) | Yr 9, 10 & 11 Girls Fitness Club with Miss Clark (Fitness Suite) Yr 7, 8 & 9 Girls Basketball Club with Miss Boswell (Gym) | Yr 10 & 11 Badminton Club with Mr Colvin (Gym) |
| After School |  | Yr 7, 8 & 9 Hockey Club with Miss Clark Yr 11 Boys Rugby Club on the field with Mr Gordon All Years Cross Country Training with Miss Boswell | All Years Girls Football Club with Mrs Sadler and Miss Warne Yr 7 Boys Rugby with Mr Colvin Yr 8 Boys Rugby with Mr Thompson GCSE PE Badminton Club with Miss Clark | Yr 10 & 11 Hockey Club with Miss Clark Yr 7, 8 & 9 Girls Rugby with Miss Boswell Yr 9 Boys Rugby with Mr Patten Yr 10 Boys Rugby Club with Mr Colvin | |
| League Fixture Nights | | Yr 7 Boys Rugby Fixtures Yr 9 Boys Rugby Fixtures | Girls Football Fixtures Yr 10 Boys Rugby Fixtures | Year 8 Boys Rugby Fixtures Yr 11 Boys Rugby Fixtures | |



Please be aware that although we are unable to guarantee that we are a nut free school, we do have students in school with severe peanut allergies so being mindful of this when making packed lunches would be very helpful. A reminder that peanuts can be found in chocolate spreads, cereal bars, satay and curry sauces.



MAINS From £2.75

Week Two: 9th Sept, 30th Sept, 21st Oct, 18th Nov, 9th Dec

| MON | TUE | WED | THU | FRI |
|---|--|--|---|--|
| Mexican Chili Beef Con Carne with Steamed Rice and Sour Cream (Mk) Nachos Sweetcorn and Peppers Vegan Chili with Steamed Rice and Vegan Sour Cream (So,Mu,Ce) Nachos Sweetcorn and Peppers | BURGER BAR Quarter Pounder Beef Burger in a Sesame Bun (G,So) or Spicy Chicken Burger in a Sesame Bun (G,Se,Mu) Falafel Burger in a Sesame Bun (G,Se) Add Mayonnaise (E) Shredded Iceberg Ketchup Sweetcorn BBQ Beans (Su,So,G,Ce) Baked Potato Wedges | ASIAN FLAVOURS Crispy Asian Sweet Chili Chicken (G,So,E) Szechuan Spiced Pork with Ginger Noodles (G,So,E) Tofu and Mushroom Mapo Stir Fry (G,So,Mu) Shredded Asian Slaw (Su,So,Se) Egg Noodles (G,E) Coriander Steamed Rice Spring Rolls (G,So,Mk,E,Ce) | Slow Cooked Beef Lasagne Topped with Mozzarella (G,Mk,E) Chef Salad Coleslaw (E) Extra Focaccia Fingers (G) Mediterranean Vegetable Lasagne Topped with Mozzarella (G,Mk,E) Chef Salad Coleslaw (E) Extra Focaccia Fingers (G) | FISH & CHIP SHOP Battered Fish Fillet (G,F) Cheese and Onion Paste (G,So,Mk) "Chip Butty" (G,Se,Mk) Jumbo Sausage (G,Su) Fish Fingers (G,F,E) Oven Baked Chips Garden Peas Baked Bean Chunky Tartare Sauce (Su,E) Ketchup and Lemon |

Meal Deal

Check out what's on offer today, available for free school meals!

GLOBAL EATS From £2.35

| MON | TUE | WED | THU | FRI |
|---|--|---|--|--------------------|
| Love Joes Tandoori Chicken with Mango Chutney (G,Mk,E) and Green Coriander Chutney (Mk) | Cauliflower Kerala Curry with Steamed Rice (G) | Pulled Pork in a Bun with Chipotle Slaw (G,So,Se,Mu,Lu,E) | Fiery Jerk Chicken Burger with Pineapple Salsa (G,Su,Se) | Fish and Chip Shop |

DESSERTS

Selection of home bakes, flapjacks, cookies, sponges, jelly and fruit pots

From £1.15

THEME BARS - PLUS DAILY - JACKET POTATOES & SALAD BAR

Daily Pasta Bar
Slow Cooked Beef Bolognese (G)
Tomato and Basil (G)
Mac 'n' Cheese (G,Mk)
Served with
Home baked Garlic Bread (G,So,Mk) Cheese (Mk)
From £2.35, extras from £0.55

ALLERGENS

we're allery aware!

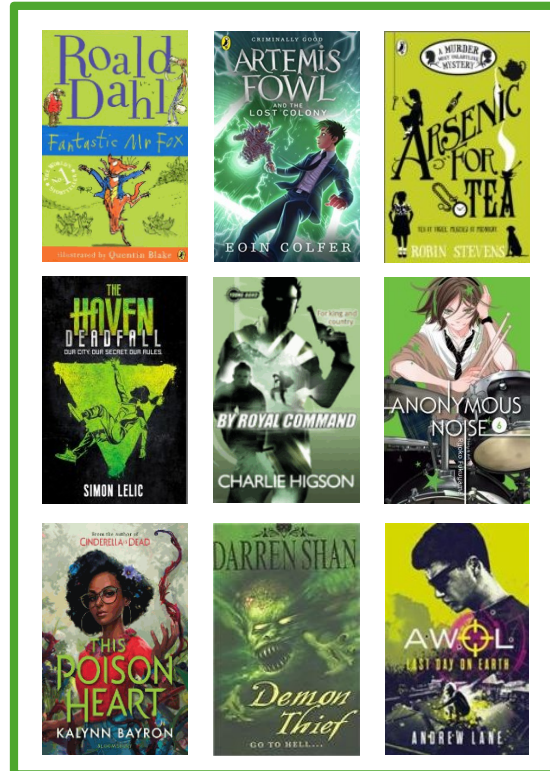
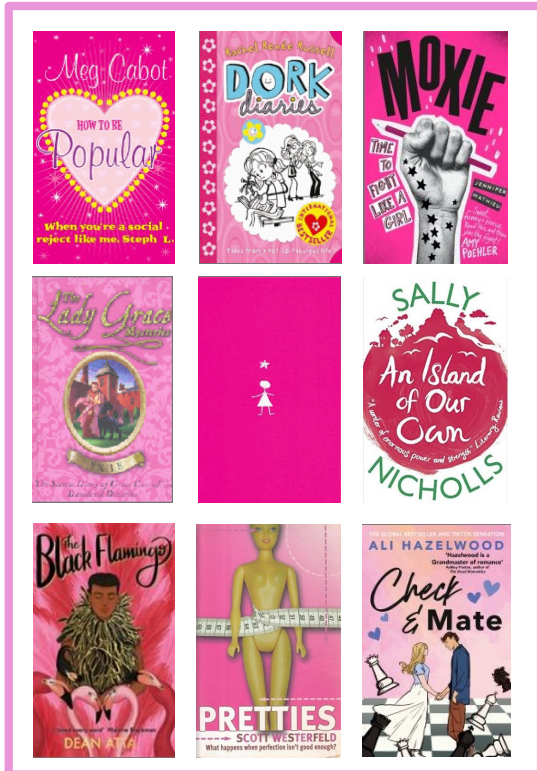
| | |
|-------------------|-------------------|
| Ce = Celery | Mo = Molluscs |
| Cr = Crustaceans | Mu = Mustard |
| E = Eggs | N = Nuts |
| F = Fish | P = Peanuts |
| G = Cereals | Se = Sesame Seeds |
| containing Gluten | |
| L = Lupin | Su = Sulphur |
| Mk = Milk | Di = Dioxide |

Speak to one of our chefs if you have any allergies.



Are you a Glinda or Elphaba when it comes to the books you read?

<https://www.highdown.reading.sch.uk/library>



Highdowner Book Recommendations

Highdowner: Mr Kemp – Science Teacher

What books did you enjoy reading when you were a teenager?

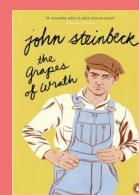
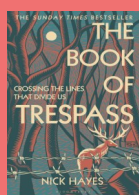
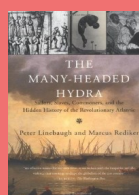
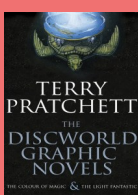
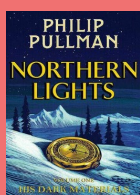
The books I enjoyed reading as a teenager were His Dark Materials, Lord of the Rings, For Whom the Bell Tolls, The Good Soldier Svejk and Hitchhiker's Guide to the Galaxy

What books/genre do you like reading now?

The fiction books I like to read now are: Discworld, Steinbeck (Grapes of Wrath), Men of Maize and Germinal– Zola. I also read non-fiction books, e.g. The Book of Tresspass, The Many Headed Hydra, Orwell - Homage to Catalonia

Who is your favourite author or what is your all time favourite book?

My favourite book of all time is Grapes of Wrath by John Steinbeck





Stars of the Week

Year 7

- 7C Charlie Chambers
- 7D Hailey So
- 7E Elsa Diamond
- 7F Lucy Wickens
- 7G Noah Whitehouse
- 7H Saema Islam
- 7J Eirene Chiu
- 7K Karly Chiu
- 7L Noah Kendall

Year 9

- 9C Malik Drammeh
- 9D Elsa Ferguson
- 9E Jude Boardley
- 9F Jacob Martin
- 9G Edward White
- 9H Annie Compton
- 9J Jamie Lambourne
- 9K Eva Moore
- 9L Dylan Crook

Year 8

- 8C Advika Badkur
- 8D Elizaveta Kovtunovich
- 8E Matthew Stewart
- 8F Harry Rapley
- 8G Alice Rosewell
- 8H Marcus Gomes Rosa
- 8J William Barden
- 8K Holly Buckingham
- 8L Zara Padia

Year 10

- 10C Kokoro Yeung
- 10D Jordan Jobin
- 10E Aishah Brown
- 10F Joshua Packer
- 10G Sian Shannon
- 10H Adham Elashwah
- 10J Zachary Dolby
- 10K Joseph Roberts
- 10L Joe Wilder-Linthwaite





👤 Want to Make a Big Impact on Stage? 🎭

Are you 14+ and ready to create theatre that really matters?

🔥 Audition for *The Company of Trees*, by Jane Bodie! 🔥
Start 2025 by stepping into a story that's all about bullying, bravery, friendship, loneliness, and the power of nature (plus hugging trees 🌳❤).

This is your chance to:

- ✦ Shine on stage
- ✦ Tour with a powerful play
- ✦ Work with the amazing directors **Aundre Goddard** and **Matt Whitelock**
- ✦ Be part of exciting collaborations with **National Theatre Connections** and **Berzerk Productions**

📅 Register interested now! Don't miss out:

berzerkproductions.com/box-office-and-events/national-theatre-connections-audition-2025

Know someone who LOVES acting? Share this with them!

Let's make theatre magic together. ✨



Group PPP

Positive parenting programme

📅 Thursday 16 January - Thursday 20 March 2025 ⌚ 9.30-11.30am
📍 St Mary & All Saints C of E Primary School, Wensley Rd, Reading, RG1 6DU

- ★ Is your child aged 4-11 years old?
- ★ Do you want to support your child when they show distressing behaviour?
- ★ Do you need some help to manage their behaviour?

Join our evidence-based flexible parenting programme.

The group aims to strengthen the relationship between you and your child. It will help you to understand your child's development and equip you with strategies to help them.

The programme is delivered in nine two-hour weekly group sessions on Thursdays, term-time only.



To enquire or book your place, please contact:
parenting.reading@brighterfuturesforchildren.org
or call 0118 937 4858




Raffle Prizes Needed

WE ARE COLLECTING RAFFLE ITEMS FOR OUR ANNUAL CHRISTMAS FAYRE TO RAISE MONEY FOR CHARITY

WE WOULD GREATLY APPRECIATE ANY DONATIONS.

IF YOU WISH TO DONATE, PLEASE LEAVE THEM IN SCHOOL RECEPTION



Teen PPP

Positive parenting programme

📅 Tuesday 14 January - Tuesday 18 March 2025 ⌚ 9.30-11.30am
📍 Fairview Community Centre, 90B Great Knollys Street, Reading RG1 7HL

- ★ Is your child aged 11-19 years old?
- ★ Do you want to support your child when they show distressing behaviour?
- ★ Do you want to help your teenager make positive choices?

Join our evidence-based flexible parenting programme.

The group aims to strengthen your relationship with your teenager, promote your teen's development and equip you to help them recognise and avoid risky situations.

The programme is delivered in nine two-hour weekly group sessions on Tuesdays, term-time only.

To enquire or book your place, please contact:
parenting.reading@brighterfuturesforchildren.org
or call 0118 937 4858

