



Year 8 Information Evening

UNDERSTAND THEM. SUPPORT THEM. PREPARE THEM.



Wednesday
30th September 2026



6:00pm – 7:30pm



6:00pm
Headteacher Welcome Talk
(for all parents/carers)



Followed by
THREE expert-led workshops
(20 minutes each)

Our workshops



What is happening to my child?!

- What happens in the teenage brain
- Why emotions can appear bigger than the situation
- Developing independence
- Risk-taking and peer influence
- Sleep, phones and technology
- Why they can seem reasonable one minute and irrational the next



The Power of the Ordinary

- How small routines create big outcomes
- Morning routines and bedtimes
- Phones overnight
- Getting equipment ready
- Uniform and homework routines
- Breakfast and leaving on time
- What to do when your child says "I don't feel like going in"
- Avoiding the gradual normalisation of absence



Year 8: The Year of Habits

- What do we mean by standards?
- School and home working together
- Real-life scenarios, including:
 - receiving a sanction
 - "The teacher hates me"
 - "Everyone else was doing it"
 - "It's only a detention"
- Supporting positive behaviour
- How to respond when your child is removed from a lesson



The World They Live In

- Friendship groups and group chats
- Social media and online risks
- Gaming and influencers
- Online status and fear of missing out
- Appearance and comparison
- Online conflict spilling into school
- The legalities and when an online problem becomes a school issue



From Year 8 to GCSE: Why what they do now matters

- How GCSE success is influenced early
- The importance of reading and vocabulary
- Attendance, organisation and independent study
- Resilience and asking for help
- Responding to feedback
- Ability to concentrate
- Willingness to attempt difficult things
- Year 8 habits lead to Year 11 consequences



When things start to wobble

- Mental health, anxiety and belonging
- Normal adolescent ups and downs vs. concerns that need intervention
- Friendship difficulties
- Changes in sleep and mood
- Anxiety around school and reluctance to attend
- Somatic complaints
- When to talk to school
- When to seek external support
- How to have difficult conversations without making things bigger



**CHOOSE 3 WORKSHOPS FROM 6 –
BOOK BEFORE THE EVENT.**

Scan the QR code to book your workshops.

Parents/carers must choose and book three workshops from the six available before the event.