Newsletter

Bullers Wood School for Boys | October 2026

Page 4:
How to revise Maths properly

Page 6:
Bringing Zero Override to life

Page 6:
Celebrating our Jack Petchey Award winners!

Page 11:
October: the season of change

A strong start for our school community

As we rapidly approach the first half-term break, I want to take this opportunity to reflect on what has been a really positive start to the academic year at Bullers Wood School for Boys. Our boys have returned with a positive attitude to learning, standards remain high and there is already much to celebrate.

Firstly, a warm welcome to our new Year 7 students and their families. The transition to secondary school is a big step, but the boys have settled in well and are already finding their feet. My thanks go to Mr Stevenson, their Head of Year, and the Year 7 team for all their work in helping our newest students become part of the Bullers family.

It has been particularly pleasing to see how well students have responded to our expectations this term. Our ClassCharts positive behaviour ratio currently stands at 92%, with over 19,000 positive points awarded by staff. This is an encouraging start and reflects the hard work, positive attitudes and good choices being made by our boys every day.

Our ClassCharts positive behaviour ratio currently stands at 92%

As I mentioned at the end of last year, one of our main priorities has been improving the quality and presentation of written work. We have introduced clearer expectations for exercise books, and I am pleased with the improvements we are already seeing. The boys are taking greater care with their work, and we want to build on this as the year progresses. I would ask parents to support us with this by taking the time to look through their sons' books at home. It would be great if you could spend a few minutes each week talking to your son about his work and asking him to pick out something he is pleased with. We want the boys to value the work they do, and having those conversations at home will help us reinforce this.

Proud moments and outstanding achievement

Our Open Evening on 1st October was a huge success, with a fantastic turnout from families considering Bullers for their sons. I was particularly impressed by the number of students who volunteered to help on the evening and the way they represented the school. Our student guides were brilliant.



continued on page 2

They took families around the school, answered questions and spoke openly about their experiences. Our prefect team also deserve a special mention for the leadership they showed and the responsibilities they took on throughout the event.

A special mention must go to our Head Boys, Kian and Kadesh, and Year 8 students Jacob and Hudson, who spoke brilliantly to a packed audience. Standing up and speaking in front of so many people is no easy task, but they did so with confidence and maturity. They were a real credit to themselves, their families and the school, and I was incredibly proud of them. All four showed our visitors exactly what it means to "Be Bullers".

We have recently installed our new Sports Honours Board in the school atrium. This recognises students who have represented their county or competed at a higher level in sport during their time at Bullers. At the end of Year 11, their names will be added to the board, where they will remain as a permanent record of their achievements. It is a lovely way to recognise the dedication of our young sportsmen, and I hope it will encourage others to follow in their footsteps.

On 8 October, we held our first Academic Awards Evening, recognising students who had demonstrated exceptional attainment or progress in their studies. This was something we had been keen to introduce, and it was a privilege to celebrate the achievements of our award winners alongside their families.

We were delighted to welcome Mr Jared Nehra as our guest speaker. Mr Nehra is the former Director of Education for Bromley and currently serves as the independent chair of Bromley's Education Partnership Board and SEND Governance Board. We were very grateful that he agreed to join us for what was a truly special evening.



Our students took part in our first ever World Challenge expedition to Malaysia...

Learning beyond the classroom

During the summer holidays, a group of our students took part in our first ever World Challenge expedition to Malaysia. It was a fantastic experience for everyone involved, with the boys tackling new challenges, adapting to a very different climate and environment, and making new friendships along the way. Trips like these give our boys opportunities that cannot always be provided in the classroom. They are challenged to be more independent, work together and deal with situations that may be well outside their comfort zones. A huge thank you to Mr Woodgate and Mrs Smith who accompanied the boys and made the trip possible. I hope this will be the first of many World Challenge expeditions at Bullers.





Looking ahead to the rest of the Autumn Term

Attendance remains a priority for us this year. We have worked hard to establish a strong culture around attendance and punctuality, and we need to make sure that this continues. Every day missed is a day of learning that cannot easily be replaced, so thank you for your support in making sure your sons are in school and ready to learn each morning. Last year, we were invited by the Department for Education to host a RISE event, where we shared our approach to attendance and inclusion with colleagues from other schools and local authorities across London. I am delighted that we have been asked to do this again in November 2026. It is a real achievement for a school to be recognised in this way and credit goes to the staff who have worked so hard to establish the systems and support we have in place, as well as to you, as parents, who insist that your children are in every day.

Attendance, positive behaviour and quality of students' work will continue to be our main priorities

Looking ahead to the rest of the autumn term, we want to build on the start we have made. Attendance, positive behaviour and the quality of students' work will continue to be our main priorities. The boys have responded well so far, and I am keen that we maintain these standards and continue to raise expectations as the year progresses.

Thank you, as always, for your support. We will shortly be sending out our parent survey, and I would really appreciate you taking a few minutes to complete it. We do take your feedback seriously, and it plays an important part in helping us plan our next steps as a school. Whether there is something you think we are doing particularly well or an area where you feel we could do better, we want to hear from you.

Finally, thank you to our staff for their hard work since the start of term and to our boys for the positive way they have approached the new school year. I wish you and your families an enjoyable and restful half-term break when it arrives.

G. Streatfield
Headteacher

Message from Head of Year 11

A strong start to our final year

Time really flies. I'm immensely proud of the progress the young men who joined me four years ago have made. Year 11 have made a fantastic start to the academic year.

As the school's most senior students, they have embraced the responsibility of leading by example, and they are doing so with aplomb. Thank you to all the parents and carers who attended our recent Parents' Evening. Holding this early in the year allows us to reflect on Year 10 mock exam feedback, set clear goals, and establish a positive tone for the months ahead.

Looking ahead to careers and future pathways

The opportunities continue with our Year 11 Careers Evening on 15 October, where employers and education providers will be on site to offer valuable guidance about post-16 options. It's an excellent chance for students to explore the many exciting routes available to them as they begin planning their next steps.

Mock exams as a valuable checkpoint

Following a well-earned half-term break, alongside healthy amounts of revision, students will return for their November mock exams. These provide an important opportunity for both students and staff to celebrate what's going well and identify any areas where additional support may be needed before the final examinations.

Supporting every student to succeed

My high expectations for Year 11 will remain right up until the very last day. However, I also recognise the pressures that come with this important year. If your son needs support navigating the challenges and opportunities of Year 11, please don't hesitate to get in touch. Together, we can ensure every student has the guidance and encouragement they need to succeed.

Mr Charnley
Head of Y11

Art & Design

Lines of creativity!

Year 7 explore the element of line

Students have been exploring the element of line in art this half term, developing their artistic skills and creativity through a range of exciting techniques.





From experimenting with different styles to bringing their ideas to life, students have been discovering the many ways that line can make an impact in their artwork.

Artists of the week

A huge congratulations to Cedric and Logan, our Artists of the Week for the past two weeks! Well done to you both for your fantastic work and creativity. Keep it up!

Ms Taylor and Ms Russo

Maths

How to revise maths properly

As we move into October, it may feel as though the November and December assessment season is still some way off. However, now is the ideal time for pupils to begin building good revision habits.

One of the questions we are often asked by pupils and parents is:

"How do you actually revise for maths?"

The answer is perhaps simpler than you might think.

You have to do maths

Reading through a revision guide, highlighting notes or watching someone else solve a question can all be useful starting points, but maths is a skill. Like any skill, it improves through practice.

The most effective revision involves **attempting questions, checking the answers, identifying mistakes and then having another go.**

Years 7 to 10 assessment dates

Year Group	Assessment Date
Year 7	26 November
Year 8	26 November
Year 9	26 November
Year 10	23 November (Non Calculator)
	24 November (Calculator)

Topic lists will be shared with pupils closer to the assessments, usually around two weeks beforehand. Until then, pupils do not need to try to revise everything at once. Regularly revisiting the topics they have already studied is the best preparation.



Year 11 mock examination dates

Subject	Paper	Date
Business	Mock examination	4 November
Maths	Paper 1	9 November
Computer Science	Paper 1	10 November
Maths	Paper 2	12 November
Computer Science	Paper 2	16 November
Maths	Paper 3	17 November
Further Maths	Paper 1	19 November
Further Maths	Paper 2	20 November

Year 11 pupils will not receive a maths topic list. Their mock examinations are designed to reflect the GCSE examination experience, so revision should be broad and based on the full range of content studied so far.

Year 11: Past papers, past papers, past papers

For Year 11, our advice is very clear. At this stage, pupils should increasingly be working with **full GCSE past papers**.

Past papers help pupils become familiar with the style and wording of exam questions, practise managing their time and, importantly, discover which areas they still need to work on.

A good revision session might look like this:

1. Complete a section of a past paper without looking at notes.
2. Mark it carefully using the mark scheme.
3. Circle any questions where marks were lost.
4. Identify the topic behind each of those questions.
5. Revise that topic and complete some additional practice.
6. Return to the original question and try it again.

Simply completing paper after paper without looking at mistakes is much less effective. **The mistakes are the useful bit.** They tell you what to revise next.

Two excellent free resources are Maths Genie and 1st Class Maths, both of which provide past papers, worked solutions and revision materials.

continued on next page

Maths



Years 7 to 10: Revise by topic

For younger year groups, completing entire GCSE papers is not yet the best approach. Instead, pupils should concentrate on the mathematics they have actually been learning.

Start by choosing a topic, for example fractions, solving equations, percentages, ratio, indices, graphs or Pythagoras.

Then follow a simple process:



Exercise books, previous assessments and teacher feedback are all useful ways of identifying areas that need more work. Pupils can also use **Eedi** to revisit topics and address misconceptions.

For additional independent practice, Maths Genie provides videos and questions organised by topic, while 1st Class Maths has topic-based GCSE revision resources and exam-style questions.

Try not to spend an entire revision session on something you can already do comfortably. There is satisfaction in getting ten familiar questions correct, but much more progress is made by tackling the question you would rather avoid!

A little and often

Revision does not need to mean spending three hours at a desk on Sunday evening.

Twenty or thirty focused minutes of maths several times a week is far more valuable than one enormous revision session immediately before an assessment.

Pupils should also remember to **show their working**. Maths is not only about reaching the final answer. Clear mathematical working helps pupils organise their thinking, spot errors and, as they move towards GCSE, earn method marks even when the final answer is incorrect.

Most importantly, pupils should not be afraid of getting questions wrong while revising. That is precisely when we want mistakes to happen.

Find them now. Understand them. Correct them. Then practise until the method becomes familiar.

And, as I frequently remind our pupils:

Practice makes progress, no one is perfect.

Mrs Krige
Head of Mathematics, Business Studies and Computer Science



Celebrating our Jack Petchey Award winners!

On Monday 12 October, we were delighted to celebrate our Jack Petchey Award winners from the last academic year at a special awards evening held at Churchill Theatre in Bromley.

The evening was a fantastic opportunity to recognise the outstanding contributions these boys have made to our school community. The Jack Petchey Achievement Awards celebrate young people who go above and beyond, demonstrating qualities such as kindness, determination, leadership and a willingness to make a positive difference to those around them.

It was wonderful to see our boys receive the recognition they so thoroughly deserve, alongside other inspirational young people from schools and organisations across the borough.

We are incredibly proud of all our award winners, who embody the values of Ambition, Respect, Responsibility and Kindness that are so important at Bullers Wood School for Boys.

A huge congratulations to all the boys involved. Thank you for being such fantastic ambassadors for our school. We look forward to celebrating the achievements of our next group of Jack Petchey Award winners!



Library News

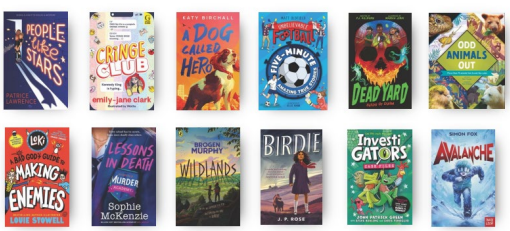
Choosing the perfect read

Every Year 7 student will be receiving a free book as part of the BookTrust BookBuzz scheme.

The programme offers 16 carefully selected titles, chosen by industry experts to provide a wide range of genres, themes and interests.

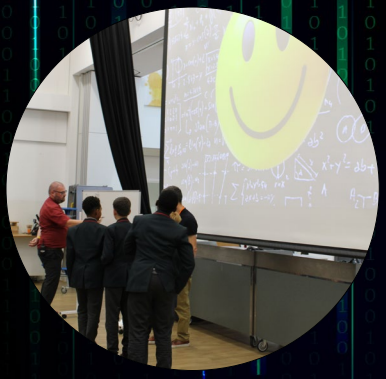
During reading lessons, students explored the selection and watched each author deliver a 30-second pitch to persuade readers to choose their book. It was a fantastic opportunity to discover new stories and find the perfect match.
Students have now made their choices and the order will be placed shortly. We are looking forward to sharing the books with students during the second half of the Autumn term.

We can't wait to see students enjoying their new books and discovering new authors, characters and adventures along the way.



Bringing Zero Override to life

We kicked off the year with an exciting visit from author Steve Blackman, creator of Zero Override. Steve delivered engaging assemblies to both Year 7 and Year 8, sharing his journey as a writer, the inspiration behind his book, and exploring one of its key themes: artificial intelligence.



Humans vs Robots

The highlight of the sessions saw our Head of Year, Mr Stevenson, and Mr Woodgate transformed into robots! Students took on the challenge of giving precise instructions to help them create Verity the smiley emoji, with some very entertaining results along the way. The activity was a brilliant way to demonstrate how artificial intelligence relies on clear and accurate commands.

A Buzz Around Books

It has been fantastic to see so many students already immersed in copies of Zero Override.
We are incredibly grateful to our community for supporting opportunities like this, helping us bring inspiring literary experiences to our students.

Win FREE BOOKS for our school

Looking Ahead

This is just the beginning. We have plenty of exciting literary events planned for 2027 and can't wait to keep the momentum going throughout the year.





Bullers Boys Bonus Draw!

The Bullers Boys Bonus Draw is now well underway, and we are delighted to announce the winners from our August and September draws!

The Bonus Draw is a simple way for members of our school community to support the school while also having the chance to win a cash prize every month. Half of all money raised is returned as prize money, with the other half going directly towards supporting opportunities, rewards and Personal Development experiences for our boys.

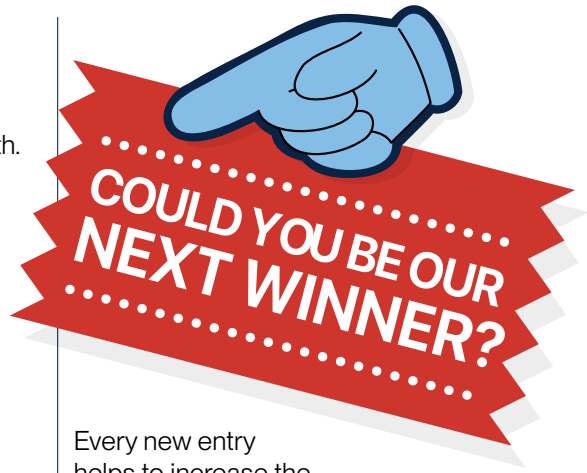
And the great news is that the prize fund is already growing! As more people have joined the Bonus Draw, our first prize increased from £13 in August to £27 in September – so the more people who take part, the bigger the prizes become.

August winners

Place	Winner	Draw No.	Prize
1st	Karen McArthy	3	£13.00
2nd	Ken Robins	15	£7.80
3rd	Lisa-Mari Krige	5	£5.20
4th	Paul Kimber	16	£3.90
5th	Darren Stevenson	4	£2.60

September winners

Place	Winner	Draw No.	Prize
1st	Susie Neville	21	£27.00
2nd	Geraldine Bishop	11	£16.20
3rd	Kirsty McGregor	25	£10.80
4th	Karen McArthy	3	£8.10
5th	Gary Streatfield	10	£5.40



Every new entry helps to increase the monthly prize pot while also raising more money to benefit the boys at Bullers Wood School for Boys.

There are five cash prizes every month, so there are plenty of chances to win – and, as September has already demonstrated, the prizes will continue to grow as more people get involved.

If you haven't joined the Bullers Boys Bonus Draw yet, now is a great time to get involved. The QR code can be found on the poster on the next page – why don't you secure your draw number ready for our next draw at the end of October?

Support our boys, grow the prize pot and you could be one of our next winners!

BULLERS WOOD SCHOOL FOR BOYS

INTRODUCING THE

BULLERS BOYS BONUS DRAW!

JUST £5 PER MONTH

WIN PRIZES. SUPPORT STUDENTS. MAKE A DIFFERENCE.

Our brand-new monthly prize draw gives you the chance to win cash prizes while helping to provide even more opportunities for our boys.

FRIENDS, FAMILY AND STAFF ARE WELCOME TO JOIN – SHARE IT!

HOW DOES IT WORK?

- **£5** per month buys you one entry into the monthly draw.
- Each entry is allocated a unique number.
- Every month, five lucky winners will receive cash prizes.
- **50%** of all money raised goes directly back into the school to enhance our Personal Development programme, rewards, enrichment activities and wider opportunities.
- The remaining **50%** is shared between our five prize winners.

THE PRIZES – EVERY MONTH

1	1ST PRIZE	20% OF TOTAL CONTRIBUTIONS
2	2ND PRIZE	12% OF TOTAL CONTRIBUTIONS
3	3RD PRIZE	8% OF TOTAL CONTRIBUTIONS
4	4TH PRIZE	6% OF TOTAL CONTRIBUTIONS
5	5TH PRIZE	4% OF TOTAL CONTRIBUTIONS

HERE'S AN EXAMPLE...

200 PEOPLE JOIN ▶ £5 **200 ENTRIES x £5** ▶ £ **£1,000** RAISED EACH MONTH ▶ **£500** GOES BACK INTO THE SCHOOL (50%)

£500 PAID OUT IN PRIZES

1. £200
2. £120
3. £80
4. £60
5. £40

YOUR SUPPORT HELPS FUND:

- ✓ Student rewards and recognition
- ✓ Enrichment activities and clubs
- ✓ Guest speakers and workshops
- ✓ Careers and employability experiences
- ✓ Leadership opportunities
- ✓ Wellbeing initiatives and wider projects

Every ticket makes a difference!

SCAN TO JOIN TODAY!

Simply scan the QR code, complete the short Microsoft Form and follow the instructions to set up your monthly payment.

You'll be allocated your draw number(s) and automatically entered into each monthly draw.

OR USE THE LINK: → https://forms.office.com/e/ggTcbYTdca

GOOD LUCK – WE HOPE TO SEE YOUR NAME ON OUR WINNERS' LIST!

Thank you for supporting Bullers Wood School for Boys.

Celebrating community languages

Did you know that some of the most spoken languages in our UK homes can become an extra GCSE for your son?

It should not be news that speaking or learning another language is an asset for any student. It develops the brain by enhancing understanding, flexibility and adaptability.

At Bullers Wood School for Boys, we value the diverse nature of our community, and we offer students the opportunity to take a GCSE in some of the languages they speak at home. Over the past couple of years we have had an increasing number of our students come forward for a variety of languages and achieve excellent results.

It is an excellent opportunity to have an additional GCSE and an official qualification in their home language. Typically, students take this GCSE when they are in year 10, to avoid clashes with exams in year 11. However, it is also possible to be entered for Community Languages GCSEs in year 9 and equally, in year 11.

I would like to take this opportunity to raise awareness amongst our families and encourage you and your son to consider this. The following languages are offered by two exam boards:

AQA: French, Spanish, German, Italian, Polish, Bengali, Urdu, Chinese - Spoken Mandarin, Hebrew - Modern, Panjabi

EDEXCEL: Italian, Portuguese, Russian, Chinese, Arabic, Greek, Japanese, Urdu, Gujarati, Persian, Turkish, Biblical Hebrew

Although we do not have the capacity to offer students lessons or tuition in the language they wish to be entered for, we make available the following:

- Access to specifications, past papers, mark schemes and resources
- Guidance on the format of exams
- Entry to all the relevant modules for the formal examination
- Organisation of speaking and writing examinations



If you would like more information please contact Mrs Vipie (ovipie@bwsb.lumero.org). Additionally, students can drop in for any questions or support they should need, every Monday and Tuesdays, in F22 during form time.



Diversity and Inclusion Calendar

October 2026

THIS MONTH IS:
- Black History Month
- Breast Cancer Awareness Month
- Global Diversity Awareness Month
- ADHD Awareness Month

DISABILITY (INC. MENTAL HEALTH)

CULTURE IMPACTS

ALL GROUPS

SEX/GENDER

SEXUALITY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2 International Day of Non-Violence	3	4
5	6	7	8	9	10 World Mental Health Day	11
12	13	14	15	16 Wear Red Day – Show Racism the Red Card	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Stay one step ahead of phone thieves

METROPOLITAN POLICE

Your phone is packed with more than just apps, photos and messages. If it gets stolen, thieves could try to access your bank details, personal information and online accounts.

The good news? You can make your phone much safer in less than 30 seconds.

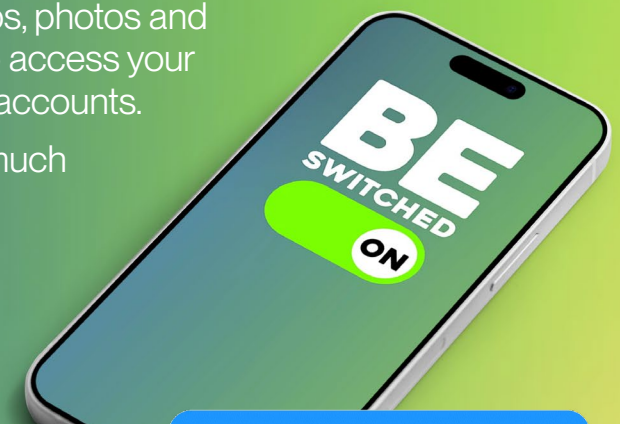
For iPhone devices

Turn on **Stolen Device Protection**. This adds an extra layer of security by requiring Face ID before anyone can access important settings or sensitive information when your phone is in an unfamiliar location.

For Android devices

Enable **Theft Detection Lock**. This smart feature can detect sudden movements that suggest your phone has been snatched and automatically lock it to help keep your information safe.

A few seconds now could save a lot of hassle later!



› Settings
› Face ID & Passcode
› Stolen Device Protection

› Settings
› Security and Privacy
› Lost Device Protection
› Theft Protection
› Theft Detection Lock

Find out more at:
met.police.uk/police

Counselling Corner

The season of change

Why October can feel harder than it looks

Summer ends quietly. There's no single moment where it happens – just shorter evenings, a return to routine, and a slow shift back into "normal life." But for a lot of people, that shift brings something with it: a low-grade unsettled feeling that's hard to put a name to.



If you've noticed it in yourself this year, you're not imagining it, and you're certainly not alone.

Notice how you're feeling, without judging it

Why October hits differently

There's no single life event driving it. It's more cumulative than that. The days get shorter. Routines that eased off over summer come back into force. Social plans that filled the warmer months start to thin out. None of it is dramatic on its own, but together it can leave people feeling flatter, more tired, or quietly on edge – without an obvious reason why.

It's a reminder that mental health doesn't only respond to big, nameable events. Sometimes it responds to the small, structural shifts in how we're living day to day.

A few things that help

None of these are fixes. They're small adjustments that tend to make the transition a bit easier to sit with.

Get outside during daylight hours. Even ten minutes helps regulate mood and energy, especially as natural light starts to shorten.

Notice how you're feeling, without judging it. Naming a feeling – "I'm a bit flat today" – takes some of its weight away. Pushing it down tends to do the opposite.

Stay connected, even briefly. The instinct when things feel harder is often to withdraw. A short conversation, even five minutes, can be enough to interrupt that pull.

Let your sleep adjust gradually. Fighting the change in daylight and routine usually backfires. Give your body time to recalibrate rather than forcing a fixed schedule overnight.

Support doesn't have to wait until things feel unmanageable

You don't have to sit with it alone

Most of the time, this kind of seasonal shift passes on its own. But if it doesn't, or if it feels heavier than "a bit off," that's worth paying attention to, and worth talking to someone about.

Support doesn't have to wait until things feel unmanageable. Sometimes it's just about having a space to think things through with someone who isn't inside your day-to-day.

Liz and Jacquie
Student Counsellors

Upcoming dates

15 October
Year 11 Information and Careers Evening

16 October
Last Day of Term

2 November
Inset Day

3 November
First day of term for students

3 November
Start of Year 11 Mocks

Counselling Corner

Meet Jacquie



Hi, my name is Jacquie, and I am delighted to have joined BWSB. I look forward to meeting students who feel they may need some space to talk.

How I Can Help

I work mainly with neurodiverse young people aged 8-18 and can offer support with:

- Anxiety and overthinking
- Low self-esteem and confidence
- Stress, low mood and burnout
- Communication and boundaries
- Grief, loss and trauma
- Life transitions, identity and future direction

Looking Ahead

I am excited to become part of the BWSB community and hope to meet you soon with a warm and open heart.

Eco Club



The Big Future Survey

Have your say in The Big Future



Students across England are being encouraged to take part in **The Big Future**, a national survey led by the Children's Commissioner for England.

The survey gives children and young people the chance to share their views on the issues that matter most to them, what they would like their futures to look like, and the changes they believe could make a difference to their lives.

Your voice matters

The Big Future is an opportunity for young people from all backgrounds to make their voices heard. The responses collected will help ensure that children's views are considered when decisions are made about their futures and the issues that affect them.

Every response counts, and the Children's Commissioner is keen to hear from as many young people as possible before the survey closes.

Quick and easy to complete

The survey only takes a short time to complete and can be accessed online at:

https://www.childrenscommissioner.gov.uk/thebigfuture/

Make a difference

With the closing date fast approaching, now is the time to get involved.
By taking part, students can help represent the views of young people across the country and contribute to a better understanding of what matters most to their generation.

We encourage all eligible students to complete the survey and make sure their voice is heard before the deadline.

Thank you for your support.

Dame Rachel de Souza
Children's Commissioner



BROMLEY Y
Building Strengths
Empowering Youth and Fostering Wellbeing since 1965

Mental Health and Emotional Wellbeing Service for Children and Young People

We run free

Wellbeing Webinars

every term!

Facilitated by Bromley Y practitioners



Don't like being on screen? No problem! We ask everyone to keep cameras and mics off throughout - you can interact via the chat.

For young people

- Stress & Worry management
- Managing Academic Stress: Developing Healthy Study Habits

For parents

- Helping your child with fears & worries (primary & secondary)
- Understanding Disordered Eating in Teens
- Helping your child with sleep difficulties
- Emotionally Based School Avoidance

Visit our Eventbrite page to book your place

Emotional Resilience

bromley-y.org @bromley_y_ @bromley_y_ @bromleyywellbeing

BROMLEY Y
Building Strengths
Empowering Youth and Fostering Wellbeing since 1965

Webinar for Parents & Carers

Helping Children and Young People with Fears & Worries

A free, one-off session supporting parents and carers of school-aged children

Understand more about anxiety, fears & worries in children and young people

Find out about strategies to help your child explore and manage worries



Consider ways to help your child build confidence and overcome fears

Learn more about local services and online options for further support

Each webinar lasts for 90 mins and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.

To assist with the smooth running of the session,
you will be asked to kindly turn off
your camera and microphone.
Participation via the chat function is optional.

Emotional Resilience

Primary Webinars

Primary

Dates can be found on Eventbrite by scanning the Primary/Secondary QR code or clicking on the link below

Secondary Webinars

Secondary

[Places can be booked on the Bromley Y Eventbrite Page.]

bromley-y.org @bromley_y_ @bromley_y_ @bromleyywellbeing

BROMLEY Y
Building Strengths
Empowering Youth and Fostering Wellbeing since 1965

Webinar for Parents & Carers

Helping Children with Sleep Difficulties

A free, one-off session supporting parents and carers of primary aged pupils

Understand more about children's sleep and what may impact this



Consider ways to improve sleep hygiene and reduce worries around bedtime

Find out about strategies to help your child improve their sleep

Learn more about common sleep problems that affect children

This webinar is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.

To assist with the smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.

Emotional Resilience

Dates can be found on Eventbrite by scanning the QR code or clicking on the link below

SCAN ME

Places can be booked on the Bromley Y Eventbrite Page.

bromley-y.org @bromley_y_ @bromley_y_ @bromleyywellbeing

BROMLEY Y
Building Strengths
Empowering Youth and Fostering Wellbeing since 1965

Webinar for Parents & Carers

Emotionally Based School Avoidance

Supporting Your Child's Attendance: Initial Steps for Early Concerns

(please note this webinar is only suitable for **early difficulties** in attending school)

Reflect on common reasons for school avoidance and associated challenges

Consider factors which contribute to school avoidance becoming a vicious cycle



Learn practical strategies to help you explore the issue with your child

Consider ways to encourage and facilitate regular attendance

The webinar is facilitated by Bromley Y

This remote session is suitable for parents/carers of children and teens who are showing **initial** signs of school avoidance or whose attendance has started to be affected.

For those who have difficulties that may have moved beyond early help, we offer other support options such as a parent/carer support call. To find out more information about this offer, please email us at: ***MHSTSupport@bromleyy.org***

Emotional Resilience

Dates can be found on Eventbrite by scanning the QR code or clicking on the link below

Book your place on the Bromley Y Eventbrite Page.

bromley-y.org @bromley_y_ @bromley_y_ @bromleyywellbeing

BROMLEY Y
Building Strengths
Empowering Youth and Fostering Wellbeing since 1965

Managing Academic Stress: Developing Healthy Study Habits

for young people in Years 10 – 13

This one hour session covers:

- What stress actually is and its link with anxiety
- The impact of stress on wellbeing and study habits
- Practical strategies to create healthy study habits
- Top tips to tackle the study traps of procrastination and perfectionism
- Ways of maintaining a healthy balance of activities during revision and exams



Bromley Y practitioners host this free session via Microsoft Teams.

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Dates can be found on Eventbrite by scanning the QR code or clicking on the link below

Emotional Resilience

SCAN ME

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BROMLEY Y
Building Strengths
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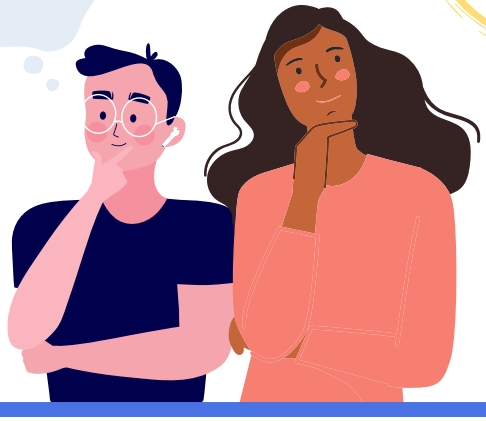
Stress and Worry Management

A webinar for young people who are struggling with stress and worry, and how to better cope.

This one hour session covers:

- What anxiety actually is and where it comes from
- A range of physical and mental anxiety symptoms
- How anxiety can become a vicious cycle
- Step-by-step approaches to gradually overcome stress and worry
- Coping strategies and distraction techniques



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Welcome back to your

SERIOUSLY GOOD FOOD COURT

back to school

Meal deals available!

Each day, choose from:

- Hot main meals or 'grab-and-go' takeaway items
- Sandwiches, wraps, pasta pots, salads & jacket potatoes
- Street food style dishes made your way
- Savoury snacks, fruit pots, home bakes, and much more

TIME TO TAKE CHARGE OF WHAT YOU EAT...

MORE THAN JUST LUNCH!

At secondary school, food isn't just for lunchtime...

☑ BREAKFAST
Start your day right!
Grab toast, cereal, yoghurt, or a hot snack before your first lesson.

☑ BREAKTIME
Need a boost?
Pick up hot snacks such as our PowerBites pots – noodles, rice, and more – or snack pots and bakes to keep you going.

☑ LUNCHTIME
Your main event!
From hot meals to street food style dishes and grab-and-go options, you've got loads to choose from.

☑ AFTER SCHOOL
Pick up a snack on your way out.
(Not available at all schools)

WHAT'S ON THE MENU?

From the global flavours of our StreetVibes range to a light and refreshing option from Chill Deal, there's a choice to match every mood, every day!



FSM **Look out for the Free School Meal logo!**
Anyone who receives a FSM can choose a great meal!

DAILY MEAL DEALS & OFFERS

We've got great food at great value — whether you're in the mood for something hot, cold, or totally street food inspired.

Hot Meal & Dessert

Pick from **daily hot mains** or favourites such as topped **jacket potatoes** and pasta pots and combine with a hot **homemade dessert** or a piece of fruit!

FSM





street VIBES **MADE YOUR WAY!**



StreetVibes is here
Tuesday – Thursday!

FSM

Mix things up midweek with our StreetVibes street food.

Choose your base (like noodles, rice or a wrap), add your protein, then top it your way.

There's something new each week – from zingy noodles to loaded spuds and saucy wraps.

Visit the restaurant to see what's on!

FSM **chill deal**

Grab a quick **cold lunch!** Choose any **4 items** marked with the Chill Deal sticker including filled rolls, sweet or savoury snack pots, and mini home bakes.

FILLED ROLL + SNACK POT (40Z) + HOME BAKE + YOGHURT POT (40Z)

LOOK OUT FOR THE CHILL DEAL STICKERS!

chill deal

Cucina

Parental conflict can affect children at school



Your relationship matters – for their wellbeing and learning.

When parents are in conflict, children can feel the impact.

Children may not always say how they feel, but tension, arguments or ongoing conflict can affect their emotional wellbeing, behaviour and ability to concentrate at school. It can also affect their confidence and relationships with others.

You might notice:

- **Changes in mood** (e.g. more anxious, withdrawn or tearful)
- **Difficulty concentrating or a drop in motivation**
- **Behaviour changes** (e.g. acting out, becoming quieter or more irritable)
- **Struggles with friendships or feeling left out**
- **Trouble sleeping** or worries about the future

Remember, it's not about blame – it's about support.

How you can help

- Keep communication respectful, especially in front of your children (even when it's difficult).
- Try to manage conflict in healthy ways and seek support if you're struggling.
- Reassure your child that they are loved, safe and not to blame.
- Maintain routines and stability where possible.
- Talk to your child about their feelings and listen without judgement.

Support is available

The Bromley Parenting Hub provides practical advice, resources and support for parents and carers on a range of topics, including managing conflict, supporting children's mental health, and building positive relationships.

Find out more at **www.bromleyparentinghub.info**

Bromley Parenting Hub.
Building stronger parental relationships

Click on the logo to access the website

Better support today, brighter tomorrows for your children.