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## Message from the Deputising Principal

It was such a brilliant Sports Day. The sun shone, the students raced and, of course, the PE staff won the staff relay! It was good to return to this event after four years - the first Sports Day that any student from Year 10 down has experienced. I know that the parents who attended enjoyed the event and I know that students and staff also had a great day. I want to thank all our staff for working so hard to make the event such a success.

We are busy planning for a number of things over the coming weeks. On Monday evening we welcome Year 6 parents for the Transition Evening and, on Tuesday, the Year 6s students will come to Chiltern Hills for their official Transition Day. Mr Humphrey has been busy planning this day and we are really looking forward to them beginning their Chiltern Hills journey with us. This year, we have 185 Year 6s joining us in Year 7 from September. Tuesday also sees our annual Year 8 'Take Your Child to Work Day', when the whole of Year 8 will experience the world of work with their parents. This is part of our comprehensive careers programme and is a great opportunity for our students.

This week sees our Year 11s having their final celebration assembly on Friday morning and then they will be attending their Prom in the evening. This will be the 34<sup>th</sup> Year 11 Prom that I have attended in my career and I, for one, am really looking forward to it. We have also had a number of planning sessions for our CHA Culture Day on Wednesday 19 July and the Activity Day on Thursday 20 July. This will provide a great opportunity for our community to come together and enjoy different experiences as we approach the end of term.

Very importantly, we are nearly fully staffed with teachers for September and, whilst we still have a lot of planning to do, we are very excited that we have succeeded in recruiting teachers at what is such a difficult time for recruitment on a national scale. I also need to remind you that there are two national industrial action days on Wednesday 5 July and Friday 7 July. We have decided to have Year 10 and Year 12 students in school on these days and we will provide lessons and sessions for them to attend to support them with their studies. For Years 7, 8 and 9 they will study at home and have lessons online with teachers. They will not have lessons if a teacher is involved in industrial action.

May I take this opportunity to thank you all for your support. Please do not hesitate to contact me if you would like to discuss any issues or have any suggestions which you would like to talk to me about.

Tim Dobbs

# Diary

Date	Event
30 June	Y11 Leavers' Assembly, 11.30am to 12.30pm Y11 Prom, 7.00 to 10.00pm
1 July	CHA PTA Football Tournament, all day
3 July	Chiltern District Championships Athletics, all day Y6 Parents' Evening (for September intake), 6.00 to 7.30pm
4 July	Y8 Work Shadowing Day Y6 Induction day
4 – 5 July	DofE Bronze Award qualifying expedition
7 – 9 July	DofE Silver Award qualifying expedition
6 July	Y12 Excellence Assembly, 2.05 to 3.00pm
12 July	Parent Forum meeting, 6.00pm
10 - 14 July	Y12 Work Experience Week
11 July	Dance – Summer Showcase, 7.00 to 8.30pm
12 July	Y9 trip to Hampton Court
13 July	Y10 trip to Hampton Court
14 July	Y13 Leavers' Assembly, 11.30am Y13 Prom, 6.30 to 10.00pm
21 July	Last day of summer term, school closes at 1.20pm

## Parent Meetings

Working in partnership with parents/carers is a crucial aspect of ensuring the highest of outcomes for our students. Your role is invaluable in maintaining high standards and we very much value your views. We are delighted to offer face-to-face bookable appointments with the Senior Leadership Team. These 15 minute appointment slots are available if you have anything that you wish to raise or share. If you would like to book an appointment, please contact Mrs Sanders: [wsanders@chacademy.co.uk](mailto:wsanders@chacademy.co.uk) to arrange a mutually convenient time.

## Safeguarding

### Safeguarding Update: Vaping – Is it addictive?

The number of 11-17-year-olds using vapes in Great Britain has seen an increase, reaching 7.7% in 2022 and is now up to 12.3% in 2023. While this trend is worrying, it's important to note that most vaping among young people is experimental. The surge in youth vaping coincides with the introduction of inexpensive and appealing disposable vapes. These products have gained popularity among children and young adults, largely due to extensive promotion on social media.



These illegal vapes (pictured) are brightly-coloured to appeal to your children. They are disguised to look like lighters or pens to evade detection. They don't produce much visible mist, so they can be vaped covertly. They have sweet flavours like children's treats. They are highly addictive, often with much higher levels of nicotine.

Many schools have noticed the recent surge in vaping. Whilst most children do not do it, the number who do is disturbing and seemingly increasing all the time. Even more concerning, these children are most likely to be from Years 7 and 8. A recent survey by NHS digital suggests that almost 1 in 10 children aged 11-15 are regular vapers. We are reliably informed that nicotine is highly addictive and that vaping is better than smoking. It does not make vaping safe - it is still an addiction.

In a recent article the BBC reported on the dangers of disposable vapes which suggests that children are not accessing legal, licensed vapes, because legitimate shops like supermarkets will not sell them to children. Instead they are buying under-the-counter, illegal, untested and unsafe vapes from shops, market stalls and, unfortunately, from individuals that attend our school.

In this report the BBC investigates the dangers and risks associated with disposable vapes.

<https://www.bbc.co.uk/news/health-65809924>

The BBC findings reveal that disposable vapes contain dangerous levels of lead, nickel, chromium and carbonyls – chemicals proven to cause brain, heart, kidney and lung damage.

We will continue to do all we can in school, through duties and supervision of the toilets at break and lunch, through education in our Life Skills curriculum and through regular searches and confiscations, but I am also appealing for your help as parents.

Parents, please support the Academy in the following ways:

- Have a conversation with your children (even those as young as Year 7) about vapes - use the resources at this link to help if you wish: [Talk with Your Teen About E-cigarettes](#)
- Check your child's bag, bedroom and coat for vapes
- Check and query what their pocket money is being spent on
- Be especially careful if you are a vaper yourself, that your devices or liquids are not going missing
- Challenge the myth that, "at least it is not as bad as smoking"
- Report any shop that you hear has sold vapes to children by calling Trading Standards on 0808 223 1133

Together, as a community, I believe we can beat this. We need to work together and prevent our young people from embarking on an addictive and dangerous habit that can have such a negative impact on their health. If your child is offered a vape, please tell us by emailing [safeguarding@chacademy.co.uk](mailto:safeguarding@chacademy.co.uk)

### **Confidence and Self-Esteem**

Most teenagers, and many adults, struggle at some point with confidence and self-esteem. The link below will take you to information from the organization, Mind, with some useful tips on how to help your child in these areas. Talking with your child about this now could help to give them valuable skills to support themselves during these tricky years.

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/confidence-and-self-esteem/#HowCanIBuildMyConfidenceAndSelf-esteem>

Mrs J Conway  
Designated Safeguarding Lead

## PTA News

### CUFC Football Tournament - Saturday 1 July

Thanks so much to everyone who has been able to volunteer to help us this weekend at the CUFC Football Tournament. We are so grateful for your support and look forward to meeting you on the day.

When you arrive at school, please enter the tournament through the green gate at the top of the school field (the tournament entrance). I will leave your name on the gate, so there will be no need for you to pay an entrance fee. Make your way to the food area and come and introduce yourself – you will be made very welcome!

If anyone else still feels able to volunteer, please send me a quick email or just come and find us on the day. We really could do with a little more help from around 4.00pm onwards when we will be starting to clear up. Help then will be really welcomed by us all.

We look forward to seeing you on Saturday

Mrs S Webb  
Chairperson CHA PTA  
[chapta@chacademy.co.uk](mailto:chapta@chacademy.co.uk)

## Returning Laptops Borrowed from School

Students who will be leaving school this summer need to return laptops loaned to them. Laptops and chargers should be returned to Mrs Tole in the Cover Office near the staffroom or handed in to Reception.

Students in Years 7, 8, 9 and 10 who have borrowed a laptop can continue to use the device at home for homework.

Students in Years 11, 12 and 13 who borrowed a laptop need to return their device now please.

Mrs R Tole  
Laptop Administrator

## Culture Day Requests

In the lead up to Culture Day we are looking for donations of: fabric, cardboard, recycled materials, pipe-cleaners, crafting supplies.

This is to run a session called, 'Culture Catwalk', where pupils will construct costumes and national dress from around the globe. If you can support us in any way, please let me know.

Ms P Leathers  
Curriculum Leader for Drama

## Drama – Props Request

The Drama Department need help in obtaining an array of props and costume for our production of 'Oliver!'. If possible, we are looking for donations of any of the following:

Handkerchiefs	Blazers	Candelabra
Wine bottles	Tailcoats	Battery operated candles
Glass bottles	Wallets	Burlap cloth
Top hats	Old watches	Victorian style tablecloths
Victorian style clothing	Old jewellery	Wooden boxes
Baker hats	Wooden pegs	

Plus anything else you think would enhance our set design! You may send your donations in with your child to be delivered to Ms Leathers in the Drama Department. Thank you in advance for the support.

Ms P Leathers  
Curriculum Leader for Drama

## Great Big Dance Off - Final

On Monday 26 June, 40 schools across the country took part in the finals of the 'Great Big Dance Off'. Sixteen Year 9 students performed the piece 'You should see me in a crown', which was the opening performance of the entire competition!

Unfortunately, we did not place in the top 3, however the students performed with professionalism and the standard was exceptionally high. The Dance Department would like to say a special thank you to their parents/carers and the PTA for all their support.

If you would like to see the performance, it will be performed at our Summer Showcase on 11 July at 7.00pm.

Mrs Lumsden and Miss Forssling  
Curriculum Leader for Dance



## Sports Day

On Thursday 22 June, we hosted our first whole school Sports Day with parents attending since 2019! Although Covid-19 has got in the way in the last few years, the school were determined to make up for lost time by returning things back to how they used to be.

The day started with the arrival of more than 50 parents who had come to watch their children compete in events, including the 100m, 200m, 800m or Relay. All races were hotly contested, with qualifying heats for each event taking place prior to the day. It was great to have the whole school as a crowd cheering on members of their form with posters made in form time and library lessons in the last couple of weeks.

Mr Gilbert had been given the task of re-decorating the podium so that medal winners could have their big moment in front of the crowd. Throughout the day, an incredible five Chiltern Hills Academy records were set by the following students:

- Neilon - Year 10 Boys 100m (11.71 seconds)
- Fred - Year 9 Boys 200m (25.59 seconds)
- John - Year 8 Boys Shot Putt (11.40m)
- Hope - Year 10 Girls Shot Putt (9.50m)
- Ruby - Year 7 Girls 800m (2:53 minutes)

This is a remarkable achievement from all five athletes and certificates will be going home for all of them!

The day concluded with a Staff vs Sixth Form relay race, where NINE lanes were full of willing runners. The PE team came out victorious with the two competing sixth form teams coming second and third.

A selection of photos from Sports Day will be in next week's newsletter along with the results to determine who was the winning form class!

Well done to all those students involved, you did the Academy proud!

The PE Department

## Rounders Tournament

On Monday, we took a Year 7 team to The Misbourne School to take part in a rounders tournament. This was just their second experience of rounders matches after their friendly against Chesham Grammar, so it was going to be a real test for them.



After a narrow defeat in their first game, the CHA team went on to win their next three matches and qualify through their group in second place to the semi-finals. One of these performances was seriously impressive by scoring 12 rounders out of 18 balls!

In the semi-final, they hit a solid target for their opponents of 5.5 rounders before switching out to field but were unable to prevent the other team from scoring rounders. The opposition totaled 7 rounders, which meant an exit to the tournament for our very talented girls. We'll come back and win next year!

Well done to our Player of the Tournament, Erin!

Mr O Sperring  
Teacher of PE



## Sixth Form Corner

The Year 12s will be celebrating on Thursday 6 July all their achievements throughout the year in an Excellence Assembly. Certificates will be given for academic progress, achievements or for displaying the Chiltern Hills Values. We will also be holding a Year 13 assembly on Friday 14 July to say goodbye to our valued students who worked hard on their A Level exams. Activities will be organised, alongside awards being given. This will be on the same day as the Prom, to fully celebrate all their achievements and time with us.

We were also delighted to hold our Taster Day on Wednesday for all Year 11 students who are applying to our Sixth Form. Students had the opportunity of going to more than three A Level lessons to help them decide which A Levels would be most appropriate and enjoyable for their future.

Year 11 students considering university as a future option, should consider the opportunity of studying for an EPQ. This is taught once a week as part of Complementary Studies (a programme that supports our school's values and the development of students' physical, intellectual, spiritual, social, vocational and humane capacities). The EPQ helps students prepare for the demands of university work and is valued by higher education institutions as it demonstrates dedication to independent learning. It is often included in offers made by institutions to applicants helping reduce the entry requirements. Please read the link below for further information. We will be explaining more about this to students during their first few weeks with us.

<https://www.careerpilot.org.uk/information/a-levels/why-do-an-extended-project-qualification-epq>

Mrs E Mellish and Mrs A Hemsworth  
Academic Year Leaders Sixth Form

## Student Contact Details

It is vitally important that the school holds the correct contact details for all of our students.

If you have the SIMS app, please would you check all details are correct, **especially** phone numbers and email addresses. Any updates can be made if you go on your child's name and then click the Data Collection box and we will then be able to update our records.

Alternatively, you can use the following link - <https://www.chilternhillsacademy.co.uk/parentinformation> and fill in the 'Updating your contact details' form and then email it to [mkhurshid@chacademy.co.uk](mailto:mkhurshid@chacademy.co.uk), or return the form to Student Services for us to update our records. Thank you for your attention to this matter.

Mrs M Khurshid  
Student Services Administrator

## Library News

Calling all budding photographers - it's time to get snapping!

Berkshire, Buckinghamshire & Oxfordshire Wildlife Trust are running a fantastic photography competition, where you can win books for your school library, along with several other fabulous prizes:

- Overall winner: Top-of-the-range camera and A3 canvas print of your winning photo.
- Category winners: Workshop with Steve Gozdz of GG Wildlife Experiences, a copy of BBOWT's 2024 wildlife calendar featuring your winning photo, café voucher, and certificate.
- Runners-up: Calendar and certificate.
- Highly commended: Café voucher and certificate.
- Schools: Children and teen entrants can also win nature books for their school!

To enter and to find out more about the categories, please click the link below (or copy and paste to your browser):

<https://www.bbowt.org.uk/photocomp23>

Once you have taken your amazing photo and have submitted it, it will ask for your school details. Please enter Chiltern Hills Academy and, if you win, as well as your prize the school will win lovely new books for the library! Closing date is Friday 1 September 2023.

Mrs K Davenport  
Librarian

## Wanted - Old Study Guides

As the term is ending and the Year 11s have finished their exams, if any families have any unwanted GCSE study guides (that they are not passing on to younger siblings), please donate them to the Chiltern Hills Academy library, where they can benefit students who have yet to do their GCSEs. Just drop them at reception where I will collect them.

Mrs K Davenport  
Librarian

## Lifeskills

### RSE - Sex Education Summer Parent Sessions



**Rabbits Relationships and  
Sex Education Ltd**  
*Summer Parent Sessions*

**Social Media**

This summer learn a little more about RSE in the terms of how it can affect your young people. These sessions are aimed at parents of young people aged 10+ but are suitable for anyone who wants to join. These sessions are short but succinct and there will be time for questions following the session.

Throughout the school summer holidays there will be six x 30-minute sessions based around information that is important for the parents of young people to know in 2023. Parenting modern teenagers is a minefield, so we can try to balance that out.

Rabbits RSE are an education consultancy that works across Europe delivering outstanding RSE to students and training to staff. Laura has a background of 10 years' teaching in secondary schools, and 12 years of parenting!

This session is based on basic social media. If you feel as though you don't know, understand, or use the social media that the young people in your home are using then this is for you. We will look at the basic laws

surrounding social media in the UK, the types of social media popular with young people today (e.g: Snapchat and TikTok) and what each of their unique selling points are to teenagers.

The full list of "30 mins on..." sessions this summer are:

Session 1: Tuesday 25 July 7.00pm - Social Media

Session 2: Tuesday 1 August 7.00pm - Online Safety

Session 3: Tuesday 8 August 7.00pm - Pornography

Session 4: Tuesday 15 August 7.00pm - Having 'The Talk'

Session 5: Tuesday 22 August 7.00pm - Contraception

Session 6: Tuesday 29 August 7.00pm - Consent

If you have any questions or queries, please contact [info@rabbitsrse.co.uk](mailto:info@rabbitsrse.co.uk) or book here:

<https://www.eventbrite.com/e/30-mins-on-social-media-tickets-662886289737>

Mrs H Rayner  
Life Skills Coordinator

## Current Vacancies

Job descriptions are available to view on our website: <https://www.chilternhillsacademy.co.uk/staffrecruitment>

### Assessment Data Manager

**30 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 3 (£24,310 - £26,295 pro rata) dependent on experience**

**Permanent contract, from September 2023**

The Academy is seeking to appoint a hardworking and motivated person to manage the Academy's assessment and tracking databases and provide analytical reports, student data and student reports.

**Closing date for applications: 5 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

### Attendance Officer

**32.5 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 3 (£24,310 - £26,295 pro rata) dependent on experience**

**Permanent contract, from September 2023**

We are seeking to appoint an Attendance Officer who is required to join our Student Services Team to monitor and act upon unexplained and unauthorised absences. They will work alongside key staff in school to promote whole school attendance strategies, improve punctuality rates, reduce levels of absence and work with students and families to promote high levels of attendance. The ability to analyse data and be an effective communicator is essential.

**Closing date for applications: 5 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

### Clerk to Governors

**Available for a minimum of 7 Governing Body/Committee meetings per year**

**Bucks Pay Point 5 (£17.17- £18.64 per hour) dependent on experience**

**Casual contract from September 2023**

We are seeking to appoint a Clerk to Governors who is reliable, organised and flexible. They must pride themselves on attention to detail, take accurate minutes and have excellent interpersonal and communication skills. The successful candidate will provide a full administrative service to the governing board and its committees to enable proceedings to be conducted effectively and in accordance with legal requirements. They will be expected to be self-motivated in keeping up to date on regulatory requirements on governing boards.

**Closing date for applications: 5 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.



## **Exams Administrator**

**20 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 2 (£21,879 - £23,961 pro rata) dependent on experience**

**Permanent contract, from September 2023**

We require a part time Exams Administrator to assist the Examinations Officer. The role will involve all aspects of internal and external school examinations ensuring that the process runs smoothly and is delivered in a timely and accurate manner. The successful candidate will need to have excellent ICT skills with experience of Microsoft Office and the ability to work with spreadsheets (Excel). The post holder will also need to have excellent organisational and communication skills and be able to prioritise and work to strict deadlines.

**Closing date for applications: 5 July 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **Alternative Provision Tutor**

**Term-Time, Permanent**

**Bucks Pay Range 3 (£24,310- £26,295 pro-rata)**

**Required from 1st September 2023**

We are seeking to appoint an enthusiastic and passionate Alternative Provision Tutor to provide teaching support to improve the learning opportunities of those students who are not attending school due to being signed off as medically unfit. The successful candidate will provide a complementary service to teaching and support staff in an off-site setting (home, library or other appropriate venue) and will work co-operatively with key staff to ensure progress and achievement for our young people.

**Closing date for applications: Friday 30 June 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **Science Technician**

**25 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Point 2:11 (£21,879 pa FTE pro-rata, £12,471 pa actual)**

**Permanent contract, from 1st September**

Applications are invited for a part-time Science Technician. The hours of work will be 10.00am to 2.30pm with half an hour unpaid lunch break. Responsible to the Head of Science, the role involves maintaining a high quality technician service to the science laboratories by supporting the teaching staff in meeting the needs of students in support of the curriculum. Previous experience of working in a lab would be preferred but training will be given.

**Closing date for applications: Friday 30 June 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## **DT Technician**

**30 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Bucks Pay Range 2 (£21,879- £23,961 FTE) pro-rata**

**Permanent contract, from 1st September**

Chiltern Hills Academy are seeking to appoint a Design Technology Technician. Responsible to the Curriculum Leader of Design, the Technician will contribute to the efficient running of the Design Department. They will be responsible for the preparation of materials and equipment, stock checking, storage of students' work, worksheets etc. and assisting students as directed by the Curriculum Lead.

**Closing date for applications: Friday 30 June 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## Senior Science Technician

**32.5 hours per week, term time plus INSET days (39 weeks with 5.1 weeks holiday pay)**

**Working pattern 8.30am – 3.30pm daily excluding 30 min unpaid lunch break**

**Bucks Pay Point 4 pro rata (£26,477 - £28,645 per annum FTE) dependent on experience**

**Permanent contract, required to start as soon as possible**

Applications are invited for a Senior Science Technician. The hours of work will be 8.30am – 3.30pm with half an hour unpaid lunch break. However, flexibility is essential for this role. Responsible to the Director of Science, the role involves maintaining a high quality technician service to the science laboratories by supporting the teaching staff to meet the needs of students in support of the curriculum. We are fortunate to enjoy state-of-the art science facilities.

We are seeking a responsible, methodical individual to provide practical assistance and advice to the Science Department and lead the other two technicians to support the achievement of outstanding outcomes for our students. Previous experience of working in a lab would be preferred but training will be given.

**Closing date for applications: Friday 30 June 2023**

Chiltern Hills Academy reserves the right to close and shortlist early, therefore early applications are encouraged.

## Site Manager – casual hours

**Hourly rate £11.87 - £13.34 dependent on experience**

**Required as soon as possible for an immediate start**

We are looking to add to our existing team to assist Site Management in the running of the Academy's facilities. They will work as an integral part of the team and be responsible for all aspects of site management, including health and safety, cleanliness and security. Flexibility to work differing hours, including evening and weekends to cover absence, school events and evening lets when the facilities are hired to external users.

**Interviews will be arranged as applications are received**

## Learning Support Assistant

**32.5 hours per week, term time plus INSET days (39 weeks)**

**Working pattern: 8.30am – 3.30pm Monday to Friday. Salary: Bucks Pay Range 2**

**£20,258 - £22,766 pro rata (actual £15,092 - £16,960) dependent on experience.**

**Permanent contract, required for immediate start**

We are seeking to appoint enthusiastic and committed Learning Support Assistants to join us.

SEND students are at the heart of our Academy and this role is integral to helping some of our most vulnerable students to progress and succeed. Do you have:

- A passion for education and for lifelong learning?
- The ability to relate to young people, to support their increasing resilience and inspire them to become independent, enthusiastic learners?
- Excellent communication skills, a flexible approach and a sense of humour
- Empathy, patience and understanding

This is a fantastic opportunity for someone who may be considering a career supporting academic and pastoral progress. You may also be interested in progressing to a career in teaching but looking to first gain experience in a school environment. Training will be provided so no prior experience is necessary within a school setting, although this would be advantageous.

**Interviews will be arranged as applications are received**

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**For more details on our vacancies, please go to: [chilternhillsacademy/staffrecruitment](https://chilternhillsacademy.co.uk/staffrecruitment)**

Completed applications should be submitted by email to [HR@chacademy.co.uk](mailto:HR@chacademy.co.uk) and should include a letter indicating your strengths for this position. Please note we cannot accept CVs. Applications should include a letter indicating your strengths for this position. The school reserves the right to close the advert early if the right candidate is found.

***We are committed to safeguarding and promoting the welfare of children and young people and expect all staff and volunteers to share in this commitment. All staff appointments are subject to pre-employment vetting checks which include an audit of social media presence and an enhanced DBS check. Chiltern Hills Academy is an equal opportunities employer.***

Principal: Ms S Chapman

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Chartridge Lane, Chesham  
Buckinghamshire HP5 2RG

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No 07718351

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Langford Locks, Kidlington, Oxfordshire. OX5 1GF



A Church of England Academy



## Family Support Service

### How to deal with...

# Stress, Anxiety and Low Mood

## Online course for young people

Would you like to feel better about life? Do you feel stuck and need some tips on how to move on?

If you're in school years 7 and above then our 2-day, interactive course could be for you!

#### This course covers:

- What stress, anxiety and low mood actually are
- Strategies to feel better
- How to deal with setbacks
- Planning for a brighter future

You will need to be able to attend both days for a place on this course. Sessions will be held on Microsoft Teams.

#### Book by 7 August 2023

To secure your place, scan the QR code for more information.

If you need help email  
[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)



Tuesday 22 and  
Thursday 24 August



1:30pm to 3:30pm



**SCAN  
ME**



# Family Support Service

How to build...

## Confidence and Self-Esteem

### Course for young people

Want to feel better about yourself or more confident around other people? If you're in school year 7 or above, then our 2-day, interactive course could be for you!

#### You will cover:

- Why the media affects how we see ourselves
- How to cope better with setbacks
- How to deal with peer pressure
- How to feel better about ourselves

You will need to be able to attend both days for a place on this course. Sessions will be held on Microsoft Teams.

#### Book by 24 July 2023

To secure your place, scan the QR code for more information.

If you need help email  
[earlyhelpduty@buckinghamshire.gov.uk](mailto:earlyhelpduty@buckinghamshire.gov.uk)



Tuesday 8 and  
Thursday 10 August



1:30pm to 3:30pm



SCAN  
ME





## Buckinghamshire Family Learning

Help your Child to Manage their Wellbeing  
with these FREE\* Online Workshops

### YEARS 7, 8 & 9



- Help your Child Cope with Stress and Anxiety  
Tuesday 13 June, 9:30am-11:30am



- Help your Child to Develop Positive Friendships and Manage Peer Pressure  
Tuesday 20 June, 9:30am-11:30am



- Happy, Healthy and Safe Online Tips to Help your Child  
Tuesday 27 June, 9:30am-11:30 am



- Help your Child Build Confidence and Resilience  
Tuesday 11 July, 9:30am-11:30am

### THINKING ABOUT VOLUNTEERING

Tuesday 4 July, 9:30am-11:30am

This two-hour workshop aims to build your confidence and explore volunteering opportunities and steps to start or return to employment.



To book your place, please click on the link or the QR above, or phone the Enrolment Team on 01296 383582. For more information, text Kathryn on 07770 641997, with your name and the course date.



\* For parents and carers with a child in Years 7 to 9 at one of the following schools: Aylesbury UTC, Mandeville School, Princes Risborough School, Bourne End, Beaconsfield School, Buckingham School, The Grange, Highcrest, Thomas Freemantle School, Cottlesloe School, Chiltern Hills Academy



buckinghamshireadultlearning



Bucks Ad Learning



adultlearningbc.ac.uk



