



Castlehead High School

Parental Engagement Workshops

Following consultation with a range of Parents/Carers we are delighted to launch our initial series of Parental Engagement Workshops. These workshops aim to support Parents/Carers in supporting their Child's learning and wellbeing during the period of school closure.

The workshops will be delivered using Microsoft Teams, which is accessible using *any* computer, tablet or smart phone.

No previous experience of using Teams is required; full instructions on how to access the Teams meeting will be sent.

Each workshop will last approximately an hour, and will have optional interactive aspects, including the opportunity to ask any questions at the end of the workshop.

To sign up for one or more of the workshops please complete the links found in the catalogue. Alternatively, please contact the school to book a place.

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[Digital Learning Workshop 1: Using Teams at home](#)

**Workshop Dates: Thursday 11th February (6-7pm)
 Wednesday 17th February (6-7pm)**

This workshop will support you to have the confidence and knowledge to help your Child/Young person navigate their way around Teams.

The session will cover the following:

- How to log into Teams through the app and the browser
- How to see and join live lessons
- How to organise their work
- Submitting work
- Using the 'Break Out Rooms' facility

This session will be information based with some optional member participation. You will have the opportunity to ask any questions you may have at the end of the session. The Workshop will be delivered by Mr Boak; Teacher/Digital Champion (CHS)

[Click here to book](#)

[Digital Learning Workshop 2: Satchel One: Key features for Parents/Carers](#)

**Workshop Dates: Monday 15th February (6-7pm)
 Tuesday 23rd February (6-7pm)**

This workshop will cover using the key features within the Satchel One (SMHW). The session aims to provide you with the knowledge and understanding of how to use Satchel One tools to monitor your young person's submissions and build your confidence in supporting your young person in using Satchel One to organise and manage their submissions.

This session will cover the following:

- A brief overview and general navigation of the Satchel One application.
- Setting up and managing Satchel One notifications on your device
- Viewing 'Announcements'
- Accessing the 'To do list' and 'Calendar'
- Accessing the 'Grade Book'.
- Accessing the Whole School Homework Calendar.

This session will be information based with some optional member participation and you will have the opportunity to ask any questions you may have at the end of the session. The Workshop will be delivered by Miss Taylor; Teacher (CHS)

[Click here to book](#)

Online Safety – what parents and carers need to know

**Workshop Dates: Wednesday 10th February (6-7pm)
 Tuesday 2nd March (6-7pm)**

This session has been developed by the National Crime Agency and offers parents/carers information and advice on how to keep their child or young person safe online. We will also be looking at what information is out there to help parents/carers understand children and young people's behaviour online and what they can do to support when things go wrong.

The presentation covers:

- Young people online
- Sexual exploration online
- Sharing images
- Sexual abuse online
- What parents and carers can do
- Thinkuknow resources for secondary
- Thinkuknow resources for parents and carers
- Reporting to NCA-CEOP

The Workshop will be delivered by Fiona Hewitt; Development Officer for Health and Wellbeing (Renfrewshire Council)

[Click here to book](#)

Building confidence and resilience during lockdown

**Workshop Dates: Tuesday 16th February (6-7pm)
 Wednesday 24th February (6-7pm)**

This workshop is designed to support Parents/Carers in building the confidence and resilience of their Child/Young person during lockdown.

This session will cover the following

- Creating and maintaining healthy routines
- Avoiding chaos and creating calm
- Reaching out and accepting help

This will be fully interactive with opportunities throughout the workshop to ask questions and contribute. The Workshop will be delivered by Peter Campbell; Key Worker (CHS)

[Click here to book](#)

Under the Umbrella - Promoting Wellbeing

Workshop Dates: **Monday 15th February (7-8pm)**
 Thursday 25th February (7-8pm)

This workshop will introduce you to a resource-based understanding of resilience and wellbeing and invite you to consider which resources in the family may have been impacted by the pandemic. The session aims to give you an understanding of how to audit your family's wellbeing and provide you with the knowledge of how to boost specific resources.

This session will cover the following:

- An introduction to a resource-based model of resilience and wellbeing - the 'I HAVES', the 'I AMs' and the 'I CANS' of wellbeing
- Auditing family wellbeing
- Strategies to build resources within each of the 'I HAVE', 'I AM' and 'I CAN' elements
- Tips for restoring calm when emotions run high

The session will be primarily information-based with optional participation in short experiential exercises. There will be time at the end of the session for questions. The session will be delivered by counsellors from The-exchange school counselling service.

[Click here to book](#)

Supporting a Child/Young Person with Anxiety

Workshop Dates: **Thursday 18th February (7-8pm)**
 Monday 22nd February (7-8pm)

This workshop will introduce you to a resource-based understanding of resilience and wellbeing and help you understand the resources that are impacted by anxiety. The session aims to give you a greater understanding of what anxiety is and how a young person might experience it, as well as knowledge of strategies that can help boost the resources that have been affected.

This session will cover the following:

- An introduction to a resource-based model of resilience and wellbeing – the 'I HAVES', 'I AMs' and 'I CANS' of wellbeing
- What is anxiety and which resources are affected by it?
- Strategies to boost the resources affected by anxiety, helping the young person to feel calmer and more connected

The session will be primarily information-based with optional participation in a short experiential exercise. There will be time at the end of the session for questions. The session will be delivered by counsellors from The-exchange school counselling service.

[Click here to book](#)

Supporting Literacy within the BGE (S1/2)

Workshop Dates: **Thursday 25th February (6-7pm)**
 Wednesday 3rd March (6-7pm)

This session will provide you with practical strategies to help learners in S1 and S2 develop their Literacy skills. Competence and confidence in Literacy is essential for progress in all areas of the curriculum. Pupils have ongoing opportunities to develop their reading, writing, talking and listening skills in English and across the curriculum and while this workshop aims to increase your confidence in supporting your children to access their schoolwork, it will also highlight the many ways you can encourage them to practise and apply Literacy skills every day in real and meaningful ways.

This session will cover the following:

- An introduction to Literacy across the Curriculum
- Questions to ask young people before, during and after reading
- Active reading strategies for in class and at home
- An overview of how to access and navigate Accelerated Reader
- How to promote a reading culture at home and how to engage reluctant readers

The workshop will be delivered by Miss Donnachie; English Teacher (CHS)

[Click here to book](#)

Supporting Literacy: S3 and beyond

Workshop Dates: **Monday 1st March (6-7pm)**
 Wednesday 10th March (6-7pm)

This session will provide you with practical strategies to help learners in S3 and beyond develop their Literacy skills. Competence and confidence in Literacy is essential for progress in all areas of the curriculum, especially as learners approach National and Higher level. Pupils have ongoing opportunities to develop their reading, writing, talking and listening skills in English and across the curriculum. This workshop aims to increase your confidence in supporting your children to access their schoolwork while also enabling them to make real and valid connections between their learning in class and the many ways in which they can practise and apply Literacy skills every day in a real-world context.

This session will cover the following:

- An introduction to Literacy Across the Curriculum
- Questions to ask young people before, during and after reading
- Active reading strategies for in class and at home
- Strategies to promote a reading culture at home and how to engage reluctant readers
- How to provide meaningful writing opportunities for young people
- A breakdown of how to support learners to track and monitor the progression of their Literacy skills

The workshop will be delivered by Miss Donnachie; English Teacher (CHS)

[Click here to book](#)

Supporting N5 and Higher Pupils with English

**Workshop Dates: Tuesday 2nd March (6-7pm)
 Thursday 11th March (6-7pm)**

This workshop will provide you with strategies, resources, and ideas to help you support your child with National 5 and Higher English.

- Introduction / overview of N5/Higher
- How to support RUAE - An introduction to exam style technique and ideas for revision.
- How to support Critical Reading - An introduction to PETER and ideas for revision.
- How to support Writing.
- Helpful resources.
- Question and Answer section.

The workshop will be delivered by Miss Anderson; English Teacher (CHS)

[Click here to book](#)

Nurturing relationships to de-escalate conflict at home

**Workshop Dates: Tuesday 2nd March (6-7pm)
 Monday 8th March (6-7pm)**

Living in the confines of a second lockdown can be difficult for every family. Trying to manage daily household tasks, family caring responsibilities, your child's online learning and working from home often creates conflict and a strain on family relationships.

This workshop will help you to:

- Understand your child's behaviour
- Provide you with de-escalation strategies to keep your home calm
- Help you to connect with your child
- Support you to resist behaviours that are unacceptable

This is an interactive workshop that will give parents and carers useful approaches to reduce conflicts that may arise within the family.

The workshop will be delivered by Linda Brewster; Home Link Worker (CHS)

[Click here to book](#)