



# Brunstane Primary School

106 Magdalene Drive

EDINBURGH

EH15 3BE

Chris McMillan, Head Teacher

2<sup>nd</sup> February 2024

Dear Parents\Carers,

After running two very well received "Raising Teens with Confidence" courses last term, we are delighted to be able to offer a further "Raising Teens with Confidence" course to all parents and carers of Primary 5, 6 and 7 pupils within the Portobello Learning Community.

The course aims to give all parents and carers the latest findings from evidence and research to explain what influences the development of emotional well-being and why what you do makes such a difference. It explains some of the key developmental changes happening during the period of adolescence and how this can affect behaviour and thinking. At a time when we are all aware of the importance of maintaining good emotional and mental health, this course is invaluable in understanding how we can support our children as they navigate the turbulent adolescent years.

The training is delivered over 6 two hour sessions in school. Attendance at all 6 sessions is required as each session links to the one before.

The course will be delivered over the following **Friday mornings at The Royal High Primary School from 09:45-11.45am** on the dates below:

Fri 23<sup>rd</sup> February: The Teenage Years

This Session looks at the importance of positive emotional health and well-being and considers how parents and carers play a vital role in this, particularly during the adolescent years.

Fri 1<sup>st</sup> March: The Amazing Teenage Brain

This Session looks at some of the latest neuroscience into the developing adolescent brain and helps to explain why adolescence is a distinct and critical developmental period. It helps us to understand some of the new behaviours and reactions we can typically see during this period of development.

Fri 8<sup>th</sup> March: Risky Business

This Session will explore the teenage drive for taking risks and how parents and carers can support them to develop ways to positively manage risk taking behaviour.

Fri 15<sup>th</sup> March: It's Good to Talk

This Session looks at different communication styles in families, and is an opportunity to practice communication techniques that support positive relationships and the development of social and emotional skills in teenagers.

Fri 22<sup>nd</sup> March: The Brain Under Stress

This Session explores how the brain responds to stress and what parents can do to support young people in managing their stress and building resilience.

Email [admin@brunstane.edin.sch.uk](mailto:admin@brunstane.edin.sch.uk) | Tel 0131 669 4498

Twitter: @BrunstanePS | Web: [www.brunstaneps.com](http://www.brunstaneps.com)

Fri 19<sup>th</sup> April: Looking after your Well-being

This final Session explores how parents and carers can look after their own well-being and cope with all the changes that come with the shifting of family dynamics and structure.

We have had really positive feedback from parents and carers who have attended the course, such as:

"I really found the information on brain development very interesting and it explained a lot!"

"I think while I have learned a lot, the best thing is that it has allowed me to talk to my child about the course and has led to some great conversations"

"The course has helped me not to take the behaviour so personally and to understand the fact that their brain is going through these huge changes"

"A parenting course that feels non judgemental and not patronising. It was fantastic to hear the scientific facts and research. I have come away feeling although there are and will be challenges it is also an amazing time of growth and development"

"I think this course should be mandatory for all parents and carers. Would definitely recommend"

"I found the forum of having other parents with similar issues very helpful"

The course will be delivered by Tania Evans (Depute Head Teacher, The Royal High Primary School) and Eve Heatlie (Development Officer, The Royal High Primary School) and is a mix of presenting the latest evidence and research, discussion, video clips and activities. This is also a fantastic opportunity in an informal setting to talk to other parents and share experiences.

**To register your interest please e-mail: [tania.evans@royalhigh-pri.edin.sch.uk](mailto:tania.evans@royalhigh-pri.edin.sch.uk)**

Places are limited to 20 per group and will be allocated on a first come first served basis.

Yours sincerely



Chris McMillan  
Head Teacher

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Raising Teens with Confidence

I would be interested in attending the Raising Teens with Confidence Course.

Parent's Name: \_\_\_\_\_ Contact No: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Class: \_\_\_\_\_