



ABINGDON

From Head of Wellbeing: Paul Gooding

3 May 2019

Dear Parent,

**Parents' pastoral evening for 3<sup>rd</sup> year parents and above**  
**"Navigating the teenage years"**  
**Monday 3 June 7.30-8.45pm, Sports Centre Entertainment suite**

Navigating the teenage years can be a bumpy road for many boys (and parents) journeying through adolescence. It is rarely plain sailing all of the time! Twenty first century boys face many and varied pressures that come from all angles: social media, gaming, body image, their peers, even themselves. This is set against the backdrop of a rapidly changing and ever quickening digital world. Drawing upon our collective experience we are offering an evening with three pastoral leaders in the school to provide you with some guidance and support in helping steer your son through to flourish into wonderful young men.

We are not claiming to know all the answers but offer our collective wisdom as well as anecdotal advice, drawing upon several decades of pastoral encounters with teenage boys. We will be covering topics such as: maintaining positive mental health and well-being, how to be well organized for school and exams, tackling the gauntlet of social media, dealing with the world of alcohol, parties and sleepovers (amongst others). Please sign up on the google form below if you would like to book a place. We would love to see you there if you are free to attend to join in the shared conversation. Please book a space using this link below:

<https://forms.gle/JuZB2bUJikaoTLxJA>

Yours sincerely

Paul Gooding  
Head of Wellbeing

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