



From Head of Wellbeing: Paul Gooding

24 April 2020

Dear Parents

Parents' Pastoral Evening Webinar

Despite the constraints that the coronavirus situation has placed upon us all we would very much like to keep in touch with you and therefore plan to hold our annual parents' pastoral evening as usual, albeit in a different format. This year we will be running this event as a Zoom Webinar on **Monday 27 April at 7pm UK time** and we warmly invite you to attend using the invitation below:

Please click the link below to join the webinar at 7pm UK time on Monday 27 April.

<https://abingdon.zoom.us/j/96202266994>

Or iPhone one-tap :

United Kingdom: +442034815240,,96202266994# or +441314601196,,96202266994#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

United Kingdom: +44 203 481 5240 or +44 131 460 1196 or +44 203 481 5237

Webinar ID: 962 0226 6994

International numbers available: <https://abingdon.zoom.us/j/96202266994>

Please note that the webinar will be recorded.

Please send through any questions you have in advance of the webinar, and by noon on Sunday 26 April, using the google form below. This will help the hosts tailor their material accordingly.

<https://forms.gle/izQN7vWjHt6g2x9V8>

If you would like to ask a question during the live webinar we ask that you submit them anonymously. We will endeavour to do our best to answer all questions on the night but if you still have an outstanding question after the webinar please contact your son's Housemaster in the first instance.

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Further information about the webinar:

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 and in an unusual period of lockdown. Drawing upon our collective experience we are hosting a webinar with three pastoral leaders in the school, Mr Hindley (Deputy Head Pastoral), Mr Gooding (Head of Wellbeing) and Mr Crisp (Head of Middle School) to provide you with some guidance and support in helping steer your son through the coronavirus period and beyond.

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, managing work, tackling the gauntlet of social media, dealing with the world of alcohol, parties and sleepovers (amongst others).

In the meantime here are some helpful articles and websites for supporting teenagers through the Covid 19 lockdown situation.

<https://youngminds.org.uk/>

<https://www.themix.org.uk/>

https://parentinfo.org/article/how-to-look-after-your-family-s-mental-health-when-you-re-stuck-indoors?utm_source=Thinkuknow&utm_campaign=46e6250b3e-TUK_ONLINE_SAFETY_AT_HOME_07_04_20&utm_medium=email&utm_term=0_0b54505554-46e6250b3e-64873493

https://parentinfo.org/article/three-tips-for-starting-a-difficult-conversation-with-your-child?utm_source=Thinkuknow&utm_campaign=46e6250b3e-TUK_ONLINE_SAFETY_AT_HOME_07_04_20&utm_medium=email&utm_term=0_0b54505554-46e6250b3e-64873493

The boys also have a series of Wellbeing Webpages on Firefly with a whole section on the coronavirus which we hope is helpful. Teachers are also adding cooking tutorials to these webpages should they wish to learn to bake a cake or make a chilli con carne for the first time!

Please also follow us on Twitter [@Ab Wellbeing](https://twitter.com/Ab_Wellbeing).

Best wishes

Paul Gooding
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