



A MESSAGE FROM THE HEADMASTER

We are now past the halfway mark of this academic year. Time certainly flies and we have become very busy. We have entered the Holy Season of Lent and this has been reflected in school life with an emphasis on prayer, fasting and alms giving. I am pleased to say the students have responded most enthusiastically. We are very pleased with the attendance at the 8.15am Mass on the Lower Site. Of course, we are now approaching the exam season and our thoughts and prayers go out to our scholars in Years 11 and 13. We wish them every success. I am very pleased at the number of academic awards the school has won, particularly in the Sciences. The cultural life of the school has continued to blossom with a truly wide range of activities from our clubs and societies as well as school trips abroad.

To conclude, on behalf of my Chairman and Governing Board, I do thank all members of our school community for their hard work, commitment and support during this first half of the academic year. We wish you and yours every happiness for the Holy Season of Lent and a true celebration of Christ's Resurrection at Easter.

Pax et Bonum. **Dr Paul C Doherty OBE**

CATHOLIC LIFE IN THE SCHOOL

A Time of Reflection, Renewal, and Action

As we continue our journey through the season of Lent, our school community has been deeply engaged in prayer, reflection, and acts of service. This sacred season calls us to repentance, self-discipline, and renewal, preparing our hearts for the joy of Easter. Through our Lenten observances, we have been reminded of the importance of growing closer to God, following the teachings of Christ, and reaching out in love to those around us.

The beginning of Lent was marked by a beautiful Ash Wednesday Mass, celebrated by Father Michael. The Mass was well attended by students and staff, creating a powerful sense of unity in our faith. During the Mass, Father Michael reminded us of the significance of the ashes, which are a symbol of humility, repentance, and our desire to turn back to God. He referenced **Genesis 3:19**, where God says, "For dust you are, and to dust you shall return." This verse reminds us of our Lenten human frailty and our dependence on God's mercy. For those unable to attend the Mass, ashes were distributed on both the upper and lower sites chapels during lunchtime and break times, to ensure that all students and teachers had the opportunity to receive this important Lenten sign. As the ashes were placed on our foreheads with the words, "**Repent and believe in the Gospel**" (**Mark 1:15**), we were reminded of our call to conversion and spiritual renewal.



Lent is a 40-day journey modelled after Jesus' time in the wilderness where He fasted and prayed before beginning His public ministry. As a school, we have been encouraging students to take up the three key pillars of Lent: Prayer, Fasting and Almsgiving. We encourage students to think deeply about their Lenten promises, not just as things to give up, but as ways to grow in faith and love. Lent is a time to turn our faith into action. As part of our Lenten commitment to service and almsgiving, the CST (Catholic Social Teaching) Club will once again be putting their faith into action with another visit to the care home at the end of the month.

As we continue to prepare for the Jubilee Year 2025, proclaimed by Pope Francis with the theme "Pilgrims of Hope", we are reminded of the call to live as people of faith, service, and joy. A Jubilee Year is a special time of grace, renewal, and reconciliation, offering us the opportunity to deepen our faith and commitment to justice and peace. Throughout Lent, we continue to encourage students to reflect on how they can become pilgrims of hope in their own communities—through kindness, forgiveness, and acts of mercy.

As we move closer to Holy Week and Easter, we encourage students, staff, and families to continue their Lenten commitments. Whether through prayer, acts of kindness, or deepening our faith, let us remember that Lent is a journey not just of sacrifice, but of transformation. Let us keep the words of **2 Corinthians 5:17** in our hearts: "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" May this season of Lent help us all to become renewed in our faith, ready to celebrate the joy of Christ's resurrection.

Wishing you all a blessed and meaningful Lent!

Mrs O'Boyle - Head of R.E. and Catholic Life of the School

Mrs Aleshe – Chaplaincy Lead

MRS LAW'S KEY STAGE 5 CURRICULUM UPDATE



Year 12 Study Skills workshops

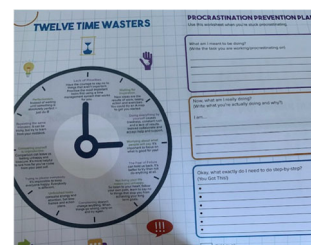
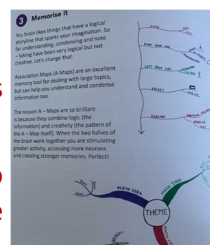
Over 70 selected Year 12 students were invited to develop their study skills through recent workshops, delivered by Learning Performance. These sessions were designed to support students in putting in place strategies to improve their revision ahead of the next Year 12 assessments in June. Students found the presenter very engaging and they fed back positively on strategies such as The Leitner system, the Pomodoro technique, spaced repetition and approaches to support memorisation.



Year 13 preparation for final exams

Year 13 students have been finalising their Non-Exam Assessments (NEAs) across a range of subjects and these are looking very strong.

We encourage all students to use to upcoming break productively to prepare for their exams, using the range of resources and guidance shared by their teachers. Exam timetables can be found on Edulink One.



Star Students of the Month



Chloe B (Y12)

Top attendance and punctuality



Isobel C (Y12)

Top attendance and punctuality



Matthew W (Y13)

Gold award in the recent Biology Olympiad



Guy D (Y7)

Excellent contribution to Lent fundraising



Jacinta O-B (Y8)

Continued excellence and attitude to school



Sophia C (Y10)

Fantastic attitude to all lessons



Amaka C (Y11)

Excellent engagement in lessons



Jack S (Y7)

Excellent contribution to Lent fundraising



Gabriel L (Y8)

Excellent contribution to the school community



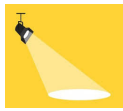
Kassius W-T (Y10)

Fantastic attitude to all lessons



Isabella L (Y11)

Excellent engagement in lessons



SPOTLIGHT ON: FILM & MEDIA STUDIES

Unleashing Creativity: The Film and Media Studies Department at Trinity

The Film and Media Studies Department at Trinity is a hub of creativity, innovation, and technical excellence. Here, students and staff come together with a shared passion for storytelling, visual arts, and digital media, producing outstanding work that rivals professional standards.

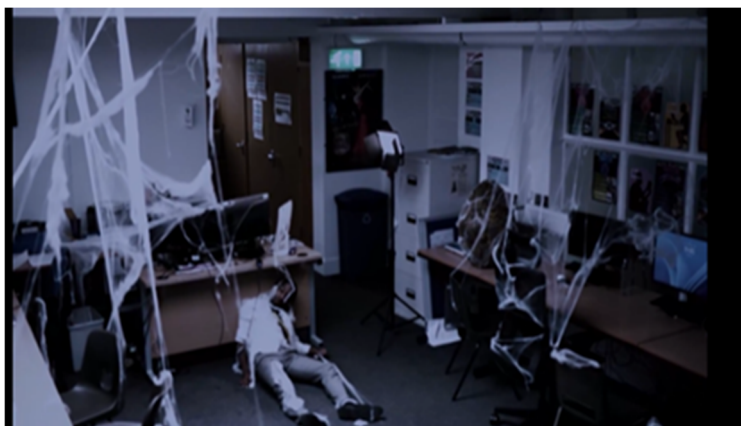
From day one, students are immersed in a hands-on learning experience that fosters both artistic vision and technical expertise. With access to cutting-edge technology and IT resources, our department provides an industry-level environment where creativity thrives. Whether students are mastering video editing software, refining photography techniques, or producing engaging podcasts, they are supported every step of the way by expert staff who are equally passionate about their craft.

One of the crown jewels of our department is the brand-new, state-of-the-art production studio. Designed to give students a professional space to hone their skills, this studio is equipped for high-quality photography, podcast recording, and green screen technology, opening up limitless possibilities for creative projects. Here, students can craft compelling narratives, experiment with special effects, and produce multimedia content that is both innovative and impactful.

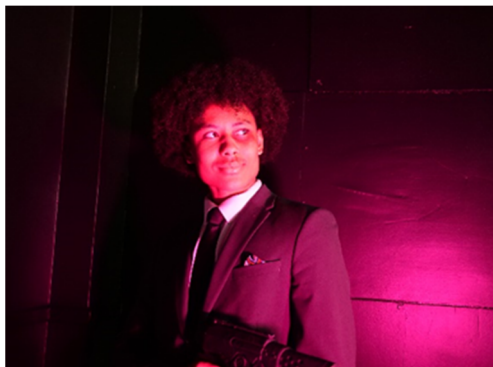
Beyond the technical skills, our department fosters a collaborative and inspiring environment. Students work on real-world projects, enter competitions, and participate in film festivals, gaining invaluable experience and recognition for their work. Whether aspiring filmmakers, digital artists, or media influencers, our students graduate with a wealth of knowledge and a strong foundation to pursue their creative ambitions.

The Film and Media Studies Department at Trinity is more than just a place of learning—it is a hub of creativity, passion, and innovation. If you are ready to bring your ideas to life and develop skills for the future, this is the place to be!

A still from a Year 13 Film Studies film project – a film about giant spiders invading the school!



A student using the photographic studio to shoot promotional images for their coursework project.



An image taken for a Media Studies project – a promotional still for crime drama television show.



An image taken for a Media Studies project – a promotional still for crime drama television show.

WORLD BOOK DAY



We celebrated World Book Day on 6 March, with lots of reading-related activities. Staff displayed their **'I Am Reading'** posters on classroom doors to encourage book conversations with students. They also read extracts from a selection of current best-selling novels at the start of each lesson. This created interest in the novels as students became engaged with the stories.



We also held a **Bake-a-Book** Competition. Students were asked to bake cakes or cookies and decorate them to represent a book cover, a book character or to just promote reading in general. Staff and our team of student librarians were asked to vote for their favourites from our finalists. It was a tough decision, as we had some

amazing entries! Our winner was Maria in Year 8, who received a £20 Amazon voucher for her fabulous, tiered, zebra sponge cake that celebrated reading and books, specifically Harry Potter and Alice in Wonderland.



The Scholastic Book Fair also arrived on World Book Day and over the course of the following week, students were able to come and choose books to buy from the great selection available. They enjoyed having the opportunity to browse the shelves and we had some very happy customers. While this has been a very busy time, it has also been a great success, our most successful year to date in fact, and we are grateful for all the support we received from students and parents. The school has earned a fantastic £750 commission on all the sales and we are looking forward to spending this on some great books next term.



INTRODUCING... OUR HEADS OF YEAR



Head of Year 10: Mr Foster was an ex-student of Trinity and re-joined 2 years ago as part of the PE department and Head of Year 10. He has developed a vast pastoral experience during this time, and has a passion for ensuring all students have the ability to succeed and reach their potential. As Head of Year 10, Mr Foster recognises the importance of helping students settle at their start of their KS4 journey by ensuring the students feel safe, supported and are able to learn. Mr Foster is also responsible for supporting his year group with any issues and concerns, whilst monitoring behaviour, attendance and progress.



Head of Year 11: Mr Milne has been a dedicated member of the teaching staff at Trinity Catholic High School for over a decade. As both Head of Year and Head of Chemistry, he combines his educational expertise with a strong commitment to student well-being and the promotion of excellent behaviour. Passionate about providing pastoral support, Mr Milne, along with Form Tutors and other members of the Pastoral team, works to ensure that each pupil receives the guidance and care they need to thrive both academically and personally.



DON'T FORGET – upcoming events

Summer Term Assessments

Year 8 End of Year Assessment	12—23 May
Year 7 End of Year Assessment	2—13 June
Year 9 End of Year Assessment	2—13 June
Year 10 Mock Exams	2—13 June
Year 12 Mock Exams in Hall	23—27 June

Redbridge Easter Club—These clubs offer an excellent opportunity for young people, who are eligible for benefits-related free school meals, to make new friends and explore engaging activities such as: the new Rocket Pedal venue in Ilford, cooking workshops, ice-skating trips, football sessions ran by professionals, martial arts and gaming. Details in attached posters.

Summer Term Dates

Year 12 Study Leave	16—20 June
Year 12 Work Experience	7—11 July
Year 10 Work Experience	14—18 July

EasyFundraising

An initiative that we are reigniting within our Trinity Catholic High School community. This is for everyone: staff, students, and families alike! It is such an easy way to support our school without costing you a penny. By shopping through EasyFundraising, you will help raise funds for our school every time you shop online with participating retailers. The more of us involved, the bigger the impact we can make for our budgets. **Sign up today**



When you join through this QR code, if not already, it raises an extra little donation as a supporter after you do your first online purchase through it.

Let's make this a success together—it is a no-brainer! If you have any questions or need help getting started, feel free to contact finance@tchs.org.uk. Thank you for supporting our school community!

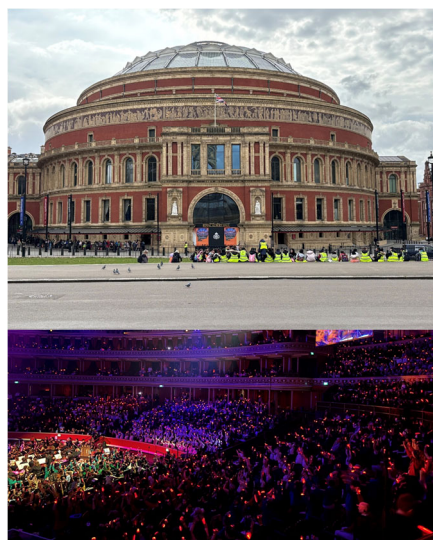
MR REED'S SAFEGUARDING & WELLBEING UPDATE

Manipulative marketing in games (Better Internet for Kids)

Children's online experiences increasingly intersect with potential financial and psychological risks. Manipulative marketing tactics are commonly employed in digital platforms, games, and apps that target children. Understanding these tactics is crucial for safeguarding professionals and parents, as they can lead to unauthorized spending, privacy breaches, and impacts on mental wellbeing.

There are three important areas to consider: persuasive features (such as 'dark patterns' and variable rewards), subscription traps, and product placement. As digital safeguarding becomes increasingly complex, children need support to recognise and respond to manipulative online marketing strategies.

To read more about how manipulative marketing affects children and young people, go to:
<https://better-internet-for-kids.europa.eu/en/learning-corner/parents-and-caregivers/marketing-games>



REDBRIDGE CHORAL FESTIVAL

On Tuesday 11 March, 28 students attended the Redbridge Choral Festival at the Royal Albert Hall. This involved a day of technical rehearsals giving them insight into the world of professional concert production, and then an evening performance. The Royal Albert Hall was packed with families and friends of students from all the schools in Redbridge making for a really electric atmosphere! This was a truly memorable experience for the Trinity Choir and a real boost to their confidence.

Well done to all involved!



MR BAKER'S KS4 CURRICULUM, TEACHING & LEARNING UPDATE

Year 11 GCSEs - How Parents Can Support Revision



As GCSEs approach, starting on **8 May**, it is crucial to support your child's revision at home. Here are some key strategies to help them prepare effectively for the exams:

1. **Create a Productive Study Space:** Ensure your child has a quiet, comfortable, and distraction-free space to revise. A dedicated study area can help them stay focused and organised.
2. **Maximise the Easter Holidays:** The Easter break is the perfect opportunity to make significant progress in revision. Encourage your child to dedicate focused time each day to review key subjects and topics.
3. **Utilise Online Learning Platforms:** Many of our students are familiar with online resources like MathsWatch, all accessible through the school's Digital Learning Hub. These platforms offer interactive tools and practice exercises that help reinforce learning, especially in core subjects.
4. **Self-Testing and Past Papers:** Encourage your child to regularly test themselves at home using past papers and exam questions. This will help them become familiar with the exam format, question styles, and time pressures. The more practice they get, the more confident they will feel on the day.
5. **Study Breaks and Motivation:** It is essential to stay motivated during revision. Help your child set realistic study goals and take regular, scheduled breaks to avoid burnout. Remove distractions, such as social media and phones, during study time.
6. **Create a Flexible Revision Timetable:** Help your child create a revision timetable that prioritises difficult subjects and topics. Ensure they add important exam dates to their schedule. The plan should be flexible to allow extra time for topics that require more attention.
7. **Attend Intervention Sessions:** If your child is invited to after-school intervention sessions, they should attend. These sessions provide valuable support from teachers and help to address any areas of weakness.

Finally, encourage your child to complete any revision work set via Satchel, focusing on GCSE exam preparation in the lead-up to exams. Students will have access to core revision materials as well as work for students that wish to do more. Thank you for your support in helping your child prepare for their GCSEs. Together, we can ensure they are fully prepared and confident for the exams ahead.

THIS IS
LOCAL LONDON

THE YOUNG REPORTER COURSE



A number of our students in Years 10-12 elected to join the Young Reporter course in partnership with Newsquest Media Group. Students are treated as real journalists with deadlines and logins to their local newspaper submissions platform which provides them with valuable careers experience. At the beginning of the course, students attended an introductory lecture led by journalist, Diana Jarvis who explained defamation and safety guidelines and gave students advice on sourcing ideas for articles and how best to structure their writing.

Our Young reporters are able to choose articles about topics of interest to them and to date, they have each had three articles published on the This is Local London news pages. Examples of some students' articles are below:

Ava K: <https://www.thisislocallondon.co.uk/young-reporter/32019/> "Inside Woodford Green Cricket Club. One of the oldest cricket clubs in England"



Meredith A <https://www.thisislocallondon.co.uk/young-reporter/32070/> "The renovation of Stratford"



Ella T <https://www.thisislocallondon.co.uk/young-reporter/32229/> "Macbeth: a theatrical experience of ambition and guilt"



GCSE HISTORY TRIP TO BERLIN



During February mid-term break, 29 Year 11 students and 4 members of the Humanities department, visited the German capital of Berlin. The trip was a fantastic opportunity for students to witness aspects of their history course really come to life. As part of GCSE History, students study Weimar and Nazi Germany and the Cold War so Berlin was the perfect destination for these students to experience four days of intensive, exciting and thought-provoking history.



Our trip began with a nearly two-hour delay at Stansted Airport – good old Ryanair! – however, we eventually arrived in a very cold but, most importantly, not rainy, Berlin. Despite the late arrival at the hostel, it was an early start the next morning and in the lovely sunshine we headed out for our three-hour walking tour of the city. This was a great opportunity for the students to get acquainted with the city and learn about its recent history. As always, our guides were very informative and always brought great energy to their tour. From there we headed to the Topography of Terror Museum, built on the site of the former SS headquarters, it offers a fascinating and thought-provoking journey into the actions of the Nazis during WWII. Our day ended with bowling and a chance for students to show off their skills!



The following day we began with a visit to Platform 17, a memorial which highlights the role of this former freight station as a major site of Jewish deportation from Berlin to the camps. Following on from there, we visited the Wannsee Conference, a beautiful lakeside villa where the Nazis planned the extermination of European Jewry. Our next visit was to the former concentration camp at Sachsenhausen. This was a sobering and moving experience for the students and it gave us all a moment for reflection. From there, we went to the Reichstag, the German parliament building with a spectacular glass dome designed by British architect Norman Foster.



Our final day dawned bright and sunny but very cold. We headed to the Stasi Museum, located in the old Stasi secret police headquarters, to find out how the East German government spied on their own citizens. From there we headed to the DDR Museum, a wonderful interactive experience examining life in East Germany before reunification. Our final visit was to the Berlin TV Tower which gave us spectacular panoramic views of the city, which was a blessing this year as, in the past, it has been so grey and cloudy that we could barely see anything at all. Most importantly, we had plenty of time for shopping and gathering a few souvenirs before we went back to the airport for our journey home – no delays this time!



As always, we had a truly wonderful group of historians who made this a pleasurable experience for the staff, and it was a great success.

NATIONAL APPRENTICESHIP & CAREERS WEEK

As part of National Apprenticeship Week and National Careers Week, students had the opportunity to learn about different career pathways from industry professionals.



Waltham Forest College and ASK Apprenticeship delivered engaging talks, providing valuable insights into the diverse apprenticeship opportunities available. Students in Year 9 discovered how apprenticeships offer hands-on experience while gaining qualifications, making them a strong alternative to traditional university routes.



Students in Year 11 were provided with information about all the available courses and apprenticeships from their local college.

The Bank of England visited our Year 12 students to discuss the world of economics. The session explored the role of the bank in shaping the economy, the impact of financial policies, and potential career opportunities within the sector. This was an eye-opening experience for students considering careers in finance, business, and economics.

Two parents gave up their precious time to visit the school to share their life experiences and career journeys with the Year 8 and Year 10 students. Students were given an insight into how they began their career journey from leaving school and how they ended up where they are now.



Our Under 16 girls football team won the Redbridge League. 5 of our very talented Year 7 girls were also selected to represent the District Football Team, and drew both of their matches against Havering and Islington. We are so proud of everyone who has played and competed this term for their form and the District.



Our Year 7 boys football team beat Isaac Newton 5-0, and our Year 8s beat Palmer Academy 5-0 in the District Cup this half term. The Year 11 boys team beat Chadwell Heath 2-1, and our Sixth Form Team had a competitive fixture against Woodbridge drawing 1-1.



Our Netball Teams continue to dominate in the Borough with our Year 7s winning the League, with the tournament pending at the end of the term. Our Year 8s winning the District Tournament and our Year 9s winning the league and the District tournament.

Our Year 7 Rugby Team competed in the Essex U12s tournament at Newhall School, although we did not win any games, the boys gave 100% effort and were great ambassadors representing our school.



SPORTING SUCCESS

Our Interform competitions continue this term with gymnastics for boys, badminton for girls and football for everyone, with every student from Key Stage 3 competing for their form group. The teamwork and camaraderie is lovely to see, with all students contributing with a positive attitude, winning points for their form for our Sports Day.

YEAR 7 GEOGRAPHY: EXPLORING AFRICA & SUSTAINABLE TOURISM

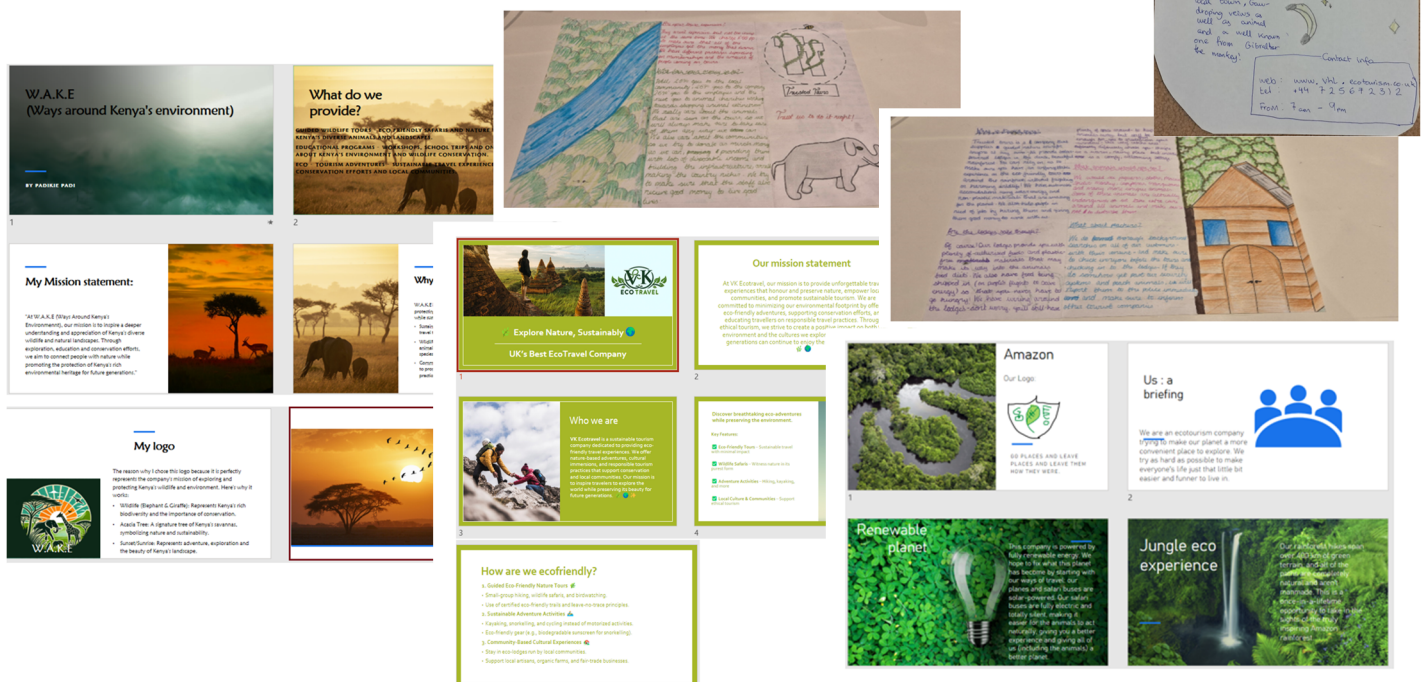
This term, our Year 7 students have been diving into the fascinating geography of Africa, exploring its diverse landscapes and physical features. Students also examined the role of tourism, with a spotlight on Kenya's thriving tourism industry. As part of this, they took on a group activity where they debated the potential construction of a new hotel complex on Kenya's coastline. Working collaboratively, they weighed the economic benefits against environmental concerns and the impact on local communities, ultimately deciding whether the hotel should be built.

Linking geography to real-world sustainability, students also explored ecotourism and its benefits in promoting conservation and supporting local communities. As a hands-on challenge, they put their knowledge to the test by designing their own sustainable ecotourism businesses—combining creativity with real-world environmental solutions! It has been an engaging journey, and we are proud of the innovative ideas our students have developed. **Well done, Year 7!**

Here is an account of what students did when completing their task on deciding if a hotel should or should not be built and examples of a student's ecotourism business:

'First, Miss Houlihan assigned each student a number from 1-8. Then we were put into groups with other children who had the same numbers as us (matching numbers e.g. 2s and 7s together, 4s and 8s, etc.). Each group was assigned a stakeholder out of Tourist, Safari Bus Driver, Member of the Maasai tribe, and Local. Our views on whether or not the hotel should be built were influenced depending on our assigned stakeholders. As a group, we then had to discuss our views on the topic as our stakeholder with our own knowledge. We were then given an information sheet to extend our knowledge.

Our teams were then split up, and we were placed into groups of four, each person was a stakeholder. Each stakeholder had to teach the others in the group about their views and why it was the correct one. Once everybody had shared their points, the team had to unanimously agree on whether the hotel should or should not be built. One assigned person from each group would then go up to the front of the class and explain the group's point of view and reasoning to everyone.. I personally really enjoyed this lesson as it was fun, informative, and engaging.'



YEAR 9 OPTIONS

The GCSE Options process has now been completed. After a range of assemblies and the Year 9 parents' information evening, our students have successfully selected their pathway for the next academic year.

We now begin the process of timetabling lessons and recommend that students start reading around their chosen subjects. A 'What to do to prepare' pack will be sent to students so that they can use the summer holidays to get a head start. Their three years of KS3 are almost at an end and those years have flown by; the GCSE years fly by even more quickly.

We hope all of our Year 9 students are enthusiastic about the next stage of their academic journey and we wish them every success with their GCSE studies.



REDBRIDGE YOUTH HAF CLUBS & TRIPS

**TUESDAY
8TH -
THURSDAY
17TH
APRIL 2025**

ACTIVE MAYFIELD AT MAYFIELD SCHOOL (AGES 11-16)

ESSEX BOYS & GIRLS CLUB AT FRENFORD CLUBS (AGES 11-16)

ELITE PATHWAYS AT FOREST ACADEMY (AGES 11-16)

**REDBRIDGE YOUTH SERVICES AT LOXFORD YOUTH CENTRE
(AGES 11-16)**

LEYTON ORIENT AT LOXFORD LEISURE CENTRE (AGES 11-16)

WIMX AT THE NEW ROCKET PADEL ILFORD (AGES 8-16)

**ENDORPHINS AT VALENTINES HIGH SCHOOL (SEND ONLY |
AGES 8-14)***

EMPOWER YOUTH'S HAF TRIPS (AGES 10-16)

TABLE TENNIS ☒
GAMING CONSOLES ☒
COOKING SESSIONS ☒
SPORTS ☒
ARTS & DESIGN ☒



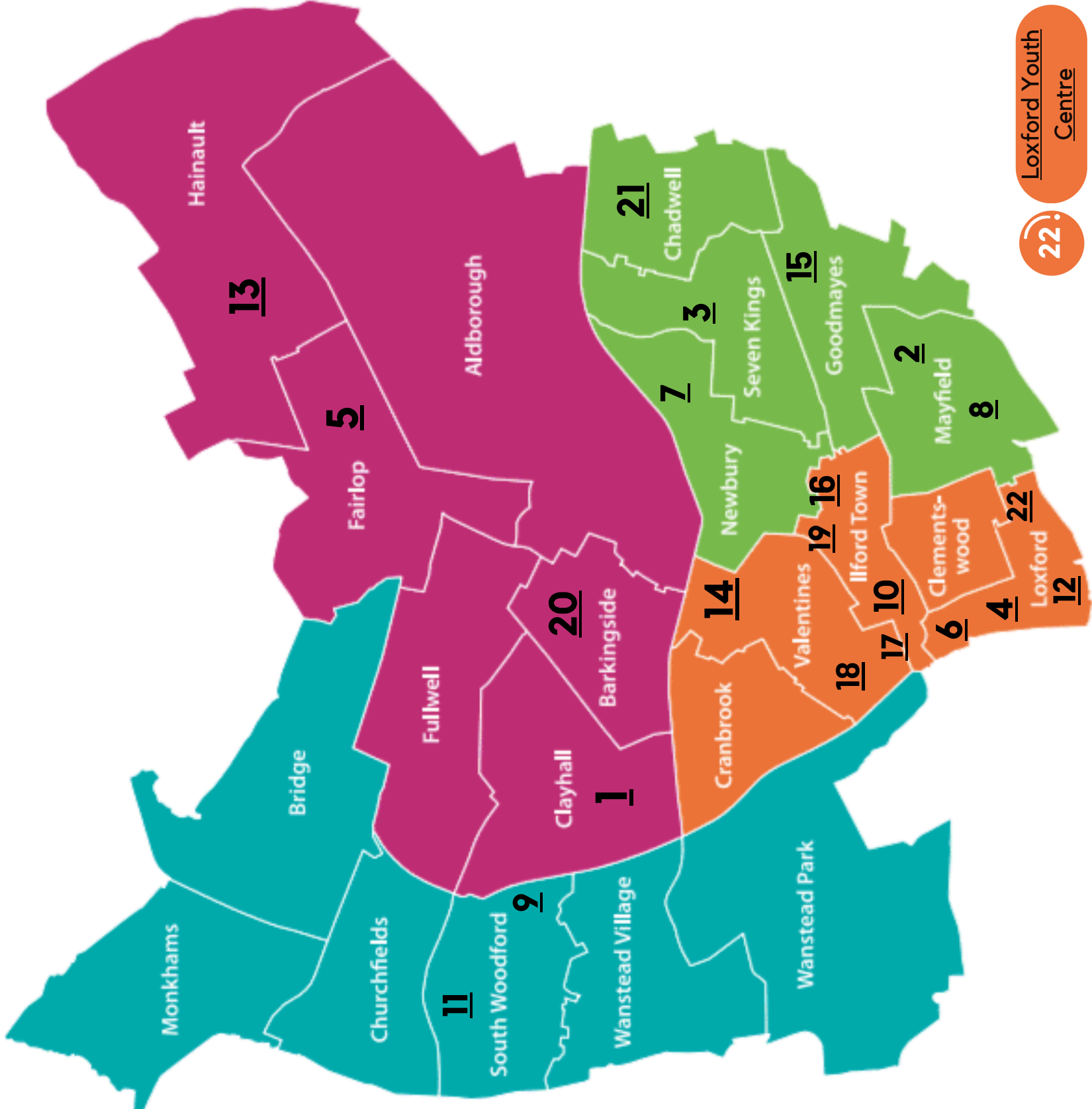
**SCAN ME
TO BOOK**



REDBRIDGE EASTER HAF

SITES '25

To book a place at any of these locations, please click the name of the venue or the number on the map.






















1	Cranbrook Primary School	2	Mayfield Leisure Centre	3	St Aidan's Primary School
4	Loxford Primary School	5	Fairlop Primary School	6	Uphall Primary School
7	Newbury Park Primary School	8	Mayfield School	9	Ray Lodge Primary School
10	Frenford Clubs	11	Nightingale School	12	Loxford Leisure Centre
13	Forest Academy	14	Gearies Primary School	15	Mayespark Primary School
16	Isaac Newton Academy	17	HAF Trips	18	Valentines School
19	Ilford Rocket Padel Club	20	Ilford County High School	21	Barley Lane Primary School











EMOJI'S EXPLAINED

FROM SECRET SLANG TO CODED MESSAGES, EMOJIS ARE OFTEN USED TO CONVEY MEANINGS THAT PARENTS MIGHT NOT RECOGNISE. UNDERSTANDING THESE HIDDEN MESSAGES CAN HELP BRIDGE THE GAP BETWEEN GENERATIONS AND ENSURE OPEN, INFORMED CONVERSATIONS.


















DRUGS RELATED

 Cocaine	 Cocaine	 Cocaine	 Cannabis	 Cannabis	 Cannabis	 Joint
 MDMA	 MDMA	 Heroin	 Heroin	 Meth	 Mushroom	 Ketamine
 Gassed	 Lit	 Dealer	 Dealer	 Dealer		















VIOLENCE

 Weapon	 Weapon	 Weapon	 Crime	 Crime	 Murder	 Murder
		 Threat	 Locked Up	 Snitch		

















SEX

 Penis	 Penis	 Genitalia	 Bum	 Vagina	 Vagina	 Nudes
 Porn	 Orgasm	 Orgasm	 Oral Sex	 Lust	 Lust	 Anal Sex
 Intercourse	 Fingering	 Playful	 Horny	 Lets Hump		







SELF HARM EXTREMISM

 Cutting	 Cutting	 Burning	 Trapped	 Sad	 Down	 Anxious	 Not Eating
 Neo Nazi	 Neo Nazi	 Neo Nazi	 IS Extremist	 IS Extremist	 Far Right		

INCEL CULTURE

 Red Pill	 Black Pill	 Hopeless	 Emotional Detachment	 Men are kings	 Extreme Masculinity	 Power	 Older woman
 Lone Wolf	 Incel	 Incel	 Incel	 Incel	 Anti-Women	 Anti-Women	 Anti-Women

HEARTS

 Love	 Horny	 Friends	 Interested	 Loyalty	 Platonic	 Pretty	 Trust
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Redbridge Mental Health Support Team presents...



PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

**REGISTER
NOW!**

**ACCESSING THROUGH
YOUR DEVICE? CLICK ON
TOP OF THE WEBINAR TO
REGISTER !**

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing.

FOSTERING SMOOTH TRANSITIONS FROM PRIMARY TO SECONDARY SCHOOL

A session considering how parents and carers can support children to prepare for school transition

WED 30.04.25 7-8PM

THINKING ABOUT BODY IMAGE

A session focused on understanding body image, it's relevance for children and young people and how parents can support them navigating through it.

TUE 20.05.25 7-8PM

HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

THU 19.06.25 7-8PM

HELPING YOUR CHILD BECOME A CONFIDENT LEARNER

A session focused on understanding how children's and young people's capacities and talents can be improved through a growth mindset perspective.

WED 09.07.25 7-8PM



**FOR MORE INFORMATION & TO SIGN UP
CLICK HERE,**

**VISIT WWW.REDBRIDGE.GOV.UK AND SEARCH 'MHST'
OR GO TO LINKTR.EE/REDBRIDGEMHST**

