



JERSEY
COLLEGE
for Girls

Aspire • Inquire • Excel • Belong



Discussing Daughters!

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Wisdom and Experience

- We don't want to patronise you
- Opportunity to share experiences and worries with one another
- To learn from those who have done this before
- To feel reassured that others are in the same boat

Scenario 1: Friends and Social Media

Your daughter has had a falling out with some girls at school during the day and you find her upset in her bedroom. She explains to you that they have posted some nasty things on social media about her and others have started commenting; some in support and some adding to the problem.

What do you do?

We suggest...

- Speak with you daughter and ask her not to engage (either by text or on social media)
- Ask your daughter to speak with her tutor or you could email the tutor to make them aware.
- If the exchange causes serious concerns (the comments/images are highly inappropriate etc) contact the Head/Assistant Head of Upper School (Miss Hopkins/Miss Veitch)
- Preventative Measure: regularly monitor your daughter's social media (look through her phone while she is with you)

Scenario 2: Concerns over recent periodic report

You have just received your daughter's periodic report in the post and you are a little concerned regarding some of her current grades and her Learner Profiles.

What do you do?

We suggest...

- Without confronting your daughter ask her about her periodic and why she thinks some grades/LPs are lower.
- If an issue is identified and requires action email your daughter's subject teacher.
- If there are more general overall concerns contact the Head/Assistant Head of Upper School (Miss Hopkins/Miss Veitch)

NB: HoS may already be in the process of speaking with teachers and preparing to contact you.

Further Info...

- Learner Profile scores reflect your daughter's attitude to her learning, not her progress.
- If she is dissatisfied with her Learner Profiles scores it would be good for you to talk about how she approaches learning in that subject.
- **Sometimes love for a subject can have a significant effect on how a student engages in lessons.**

Scenario 3: Overloaded and Anxious

Your daughter is heavily involved in a variety of activities inside and outside school. One evening during a particularly busy week she is snappy, teary and won't eat.

What do you do?

We suggest...

- Sit down with your daughter and reassure her.
- Look at her planner to see if there is too much homework (45 mins per subject per week)
- Look at the rest of her week and how full it is. Is there any room for movement?
- Where's the FUN? (at least 30 mins per day of enjoyment)
- REST (If your daughter enjoys what she is involved in that's great but she needs to find time to rest properly.)
- Make the tutor aware and if it continues contact the HoS

Scenario 4: Parties and alcohol

Your daughter has been invited to a variety of parties during the last few weeks and you have been concerned about possible drinking.

What do you do?

We suggest...

Think about your expectations as a parent and communicate them with your daughter

Does your daughter understand them and why you have them (i.e. any concerns around what might happen if she drinks)

Check in with parents hosting parties and voice any concerns you might have

Have an exit plan

Lead by example at home – responsible drinking

A Helpful List

Mental health and wellbeing

- [http://www.youngminds.org.uk/?gclid=COP_rcWp1MsCFQ4TGwodmqkMRWfile:///H:/Downloads/Heads-up%20\(1\).pdf](http://www.youngminds.org.uk/?gclid=COP_rcWp1MsCFQ4TGwodmqkMRWfile:///H:/Downloads/Heads-up%20(1).pdf)
- http://www.youngminds.org.uk/for_parents/worried_about_your_child/schoolwork_exam_stress/getting_help
- <http://www.mindjersey.org/>
- <http://www.samaritans.org/your-community/supporting-schools/deal-teaching-resources/developing-emotional-awareness-and/copin-4>

Staying safe online help

<http://parentinfo.org/>

Parental advice and

<http://www.familylives.org.uk/>

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