



6 June 2022

Dear Parents/Carers

## **Perfectionism in Young People – Wednesday 15<sup>th</sup> June 7pm**

We are delighted to be able to offer a session by Jenny Langley, from the Charlie Waller Trust on “perfectionism in young people” at 7pm.

Does perfectionism run in your family? Is your child a worrier or a warrior? How do you distinguish between healthy striving for excellence, and dysfunctional and paralysing perfectionism?

Consider a range of personality types such as optimism vs pessimism, introvert vs extrovert, highly sensitive vs overly confident and you have a cocktail of confusing challenges for parents. Add in puberty, social media and the stresses of the UK exam system, and very often chaos prevails. The session aims to equip parents and staff with knowledge and skills to navigate these stormy waters with more confidence.

The meeting will be held online via Zoom. Please see the link below.

### **Perfectionism Session – Wednesday 15<sup>th</sup> June @ 7pm**

[https://us04web.zoom.us/j/71135194502?pwd=dtfFsHaqfl\\_3QEwCR87ymYGuljW5dX.1](https://us04web.zoom.us/j/71135194502?pwd=dtfFsHaqfl_3QEwCR87ymYGuljW5dX.1)

Meeting ID: 711 3519 4502

Passcode: y3js2i

The presentation lasts about an hour and Jenny is happy to take questions at the end. You may also some like to look at some links she recommends from her previous session on The Teen Brain.

Videos:

[The Neuroscience of the Teenage Brain - with Sarah-Jayne Blakemore - YouTube](#)

[It's Not About The Nail - YouTube](#)

Books:

[Why Won't My Teenager Talk to Me?: Amazon.co.uk: Coleman, John: 9781138560475: Books](#)

[The Incredible Teenage Brain: Everything You Need to Know to Unlock Your Teen's Potential: Amazon.co.uk: Bettina Hohnen, Jane Gilmour & Tara Murphy, Sarah Jayne Blakemore: 9781785925573: Books](#)

[What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers: Amazon.co.uk: Lafrance, Adele: 9781138344631: Books](#)

And this one specifically directed at the teens:

[Blame My Brain: the Amazing Teenage Brain Revealed: Amazon.co.uk: Morgan, Nicola: 9781406346930: Books](#)

Yours sincerely

Mrs K Rowlands  
Deputy Headteacher