

# Parent Talks

Spring Term & Summer Term 2025



Halliford  
School  
SHEPPERTON



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## Working in Partnership

At Halliford, the wellbeing, happiness and success of our students is central to everything we do.

We recognise that this success relies on the strength of the relationship between our students, staff and parents. Our Parent Talks Programme is designed to strengthen the connection between home and school and to give parents and staff the opportunity to discuss the challenges facing young people.

Our extensive PSHE Curriculum (Personal, Social, Health, and Economic Education) at Halliford School focuses on developing the knowledge, skills and attributes to keep students safe, physically and mentally healthy and to prepare them for life beyond Halliford.

There remain the familiar challenges for teenagers around relationships with peers and issues of bullying, drugs and alcohol and academic pressures. However, the world for which children are being readied has changed. Teachers and parents are having to provide advice and support for young people about things we did not grow up with ourselves, such as technology and the incessant pressure of social media. This online world has certainly made life even more challenging with so many competing influences and voices so readily available often offering different answers to school or parents. For example, questions about masculinity and consent are played out in public, making it hard for young people to become who they want to be rather than being someone else's version of themselves.



Throughout their time at Halliford, we aim to steer our students through these challenges – whether at school or at home. We do this in a way which prepares them for life after Halliford, equipped with the values and resilience to thrive as successful young adults. Whilst our pastoral curriculum provides the building blocks for our students to flourish, parental engagement is vital to support this work. Our Parent Talks Programme is designed to equip parents with the knowledge and confidence to help their children navigate the world they find themselves in.

We are delighted to invite you to this year's Parent Talks Programme. All parent talks are free of charge hosted as in person events at Halliford School. They take place on Monday evenings from 6.30-7.30pm, with refreshments available from 6.00pm. Parking is available on site. All talks can be booked via the various Microsoft Forms booking links included in this document.



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Date	Speaker	Company	Topic
24/02/20 25		The Upfront Theatre Company	<p data-bbox="743 239 1458 527"><b>Mental Health</b> UpFront Theatre Company is an experienced, dynamic educational theatre company specialising in providing interactive workshops and plays exploring the PSHE Curriculum. They will be running workshops with several year groups during the year on a variety of topics, including Mental Health and Democracy and Diversity.</p> <p data-bbox="743 575 1458 772">For the parents, they are delivering a session on Mental Health. This will include topics such as: Mental Health Myths, Serious Mental Health Conditions &amp; Building Resilience, and ways to spot the signs of mental health issues in adolescents.</p> <p data-bbox="816 827 1385 905">Website: <a data-bbox="816 867 1385 905" href="https://www.upfronttheatre.com/pshe-workshops">PSHE Workshops   UpFront Theatre Company</a></p> <p data-bbox="857 953 1349 1024">Booking link: <a data-bbox="857 989 1349 1024" href="https://forms.office.com/e/zvqd77sBrB">https://forms.office.com/e/zvqd77sBrB</a></p>

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Date	Speaker	Company	Topic
10/03/25	Andrew Bernard Speaker: 'Bernie' Bernard. – Innovative Enterprise	Innovative Enterprise Feedback – Innovative Enterprise	<p><b>Empathy Lightbulbs</b></p> <p>Andrew Bernard returns with a new talk on empathy. He has been thinking about empathy for a while and what it takes for us sometimes to see life from someone else's point of view. It can sometimes be a moment, an instant, a pivot point, which can help us, in a specific situation, to understand what it might be and feel like to be someone else. For Andrew, injustice, inequality, unfairness, bullying and other general imbalances are seen in a number of places in life and online, yet we often are unlikely to intervene or act on those imbalances unless we have experience of it or unless we can feel empathy for the person being suppressed or oppressed in some way. Empathy is something we don't tend to learn about in a structured way, but he believes we could learn a lot about society and each other if we thought about the moments that lead to a more empathetic understanding of another's experience. Creating such moments is what his Empathy Lightbulb idea is all about.</p> <p>Website: <a href="#">Switching On Empathy Lightbulbs – Innovative Enterprise</a></p> <p>Booking link: <a href="https://forms.office.com/e/EmzCYhZAKi">https://forms.office.com/e/EmzCYhZAKi</a></p>
28/04/25	Robert Higgs		<p><b>'The Boy In The Photograph'</b></p> <p>Robert Higgs is the author of two books on bullying, including "What Have I Ever Done To You?", which has been featured on BBC Radio 1, Radio 2, Sky News, BBC Breakfast and Martial Arts Illustrated.</p> <p>Robert Higgs will be sharing his outstanding anti-bullying presentation with Halliford students and then sharing his ideas with parents. He takes a positive focus on empowering students with the practical skills and strategies to understand and prevent bullying behaviour and promote wellbeing in school communities.</p> <p>Website: <a href="#">Public Speaking   R Higgs Presents</a></p> <p>Booking link: <a href="https://forms.office.com/e/aHcgp2t1ij">https://forms.office.com/e/aHcgp2t1ij</a></p>

Date	Speaker	Company	Topic
12/05/25		Elevate	<p><b>Exams, Revision and Study Skills (Years 7, 8, 9, &amp; 10)</b></p> <p>As students prepare for exams, this parent session is a follow-up to the Elevate study skills workshop for students on 25<sup>th</sup> April. Whilst all parents are welcome, this session will focus specifically on how to study and revise effectively in preparation for internal school exams.</p> <p style="text-align: center;">Website:  <a href="https://uk.elevateeducation.com/home">https://uk.elevateeducation.com/home</a></p> <p style="text-align: center;">Booking link:  <a href="https://forms.office.com/e/6r0ZV7UpzE">https://forms.office.com/e/6r0ZV7UpzE</a></p>
19/05/25	Dr Aric Sigman		<p><b>Smartphones and Screen Time</b></p> <p>We are delighted to welcome back Dr Aric Sigman, who will be talking about managing smartphones and screen time and preventing dependency. Children's overuse and misuse of phones and non-homework screen activities are increasingly linked with risks to their physical, emotional and academic well-being and are now a medical issue. Parents will gain a better understanding of the risks and what can be done to reduce them. Dr Sigman has published a number of peer-reviewed medical papers on this subject and is the author of the book 'Remotely Controlled'.</p> <p style="text-align: center;">Website:  <a href="https://www.aricsigman.com/">https://www.aricsigman.com/</a></p> <p style="text-align: center;">Booking link:  <a href="https://forms.office.com/e/sX2DwQHgkQ">https://forms.office.com/e/sX2DwQHgkQ</a></p>



# Halliford School

SHEPPERTON

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Boys 11-18 Years • Girls 16-18 Years

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