



# The Priory School

Educating Students for Success in Life

The Priory School  
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Headteacher: Mr Geraint Edwards

26<sup>th</sup> October 2018  
KS/ES

Dear Parent / Carer

## Second 'Navigate' Evening: Parenting and the Teenage Brain – Wednesday 21<sup>st</sup> November

'Navigate' is a series of six seminar evenings taking place throughout 2018-19 to help you navigate life's challenges, hosted by Hitchin's three secondary schools in partnership with Zeo Church.

Following the success of the first 'Navigate' evening in October, we are pleased to let you know about the second 'Navigate' evening, which is taking place from 7.30pm to 9.30pm on Wednesday 21<sup>st</sup> November at Hitchin Boys' School. This will be an evening of practical and inspiring ideas to understand the teenage brain and the implications. A number of questions will be explored, including:

- What is going on in the teenage brain and how can that help us understand some of why teenagers act the way they do?
- How do teenagers experience the world differently from adults?
- How do we help our teenagers navigate what can be a very stormy time?

There will also be some general helpful parenting tips and encouragement.

The session will be delivered by Matt Summerfield and Dr Kate Middleton from Zeo Church. Matt and Kate are popular speakers and authors who are passionate about equipping people to thrive in life. There will also be a short follow-up evening held at Zeo Centre (Bedford Road, SG5 1HF) from 7pm to 8.15pm on Sunday 25th November, which will be an opportunity for questions and further discussion.

Should you wish to attend this second 'Navigate' evening, please just come along. Everyone is welcome. There is no need to book or confirm your attendance for the evening. If you would like further information pertaining to this event or future events, please contact me via email ([katie.southall@priory.herts.sch.uk](mailto:katie.southall@priory.herts.sch.uk)) or see [www.zeochurch.com/navigate](http://www.zeochurch.com/navigate).

We look forward to seeing you at Hitchin Boys' School on Wednesday 21<sup>st</sup> November.

Yours faithfully

**Mrs K. Southall**  
Assistant Headteacher