



01 October 2026

Dear Parents and Carers

BRIYM Parent Workshops 2026–27: Building Resilience in Young Minds

Following the huge success of the BRIYM parent workshop programme when it was rolled out at Maiden Erlegh School last year, we are delighted that they have opened up this brand-new series of free **BRIYM (Building Resilience in Young Minds)** workshops to our families at Maiden Erlegh Chiltern Edge across the 2026–27 academic year.

These evening sessions will be hosted in the Main Hall at Maiden Erlegh School in Earley. As part of the Maiden Erlegh Trust, we are thrilled that our parents and carers have been invited to participate, giving our school community direct access to specialist advice, practical tools, and expert guidance on supporting young people through adolescent challenges.

What is BRIYM?

BRIYM stands for Building Resilience in Young Minds. It is a specialist organisation that delivers practical, engaging, and highly informative workshops designed specifically for parents and carers. Each session focuses on a key aspect of adolescent wellbeing, academic pressure, behaviour, and digital safety, offering actionable strategies that you can apply at home immediately.

Workshop Details & Schedule

- **Venue:** Main Hall, Maiden Erlegh School, Silverdale Road, Earley, Reading, RG6 7HS
- **Time:** 6:00pm start (sessions run for approximately 1 hour)
- **Who Can Attend:** Parents, carers, and young people are all welcome to attend together.

Date	Workshop Topic
Tuesday 1st December 2026	Supporting School Attendance & Managing Anxiety Around School
Tuesday 26th January 2027	The BRIYM Revision NON-Hacks
Tuesday 9th March 2027	Understanding Neurodiversity at Home



Tuesday 27th April 2027

Positive Behaviour Without the Battles

Tuesday 29th June 2027

Screen Time, Gaming, Social Media & Staying Safe Online

How to Reserve Your Place

Places for all workshops are booked online via the '**Sched**' platform, which can be accessed on any web browser or via the free Sched App:

- **1. Create an Account:** When accessing the booking platform, you will be prompted to create a free account.
- **2. Select Your Sessions:** Once logged in, simply add the BRIYM workshops you wish to attend to your personal schedule.

[Events Directory - Sched](#)

Please note: The upcoming December session had not yet been uploaded to the Sched platform by the host team. Please keep an eye on the app or web browser over the coming weeks for when it goes live and becomes available for booking.

- **3. Further Information:** To learn more about BRIYM and explore their online parent resources, visit www.briym.co.uk

We highly encourage our families to take advantage of these insightful sessions. Working together and sharing consistent strategies between home and school is one of the most effective ways we can support our young people to build confidence, resilience, and achieve their full potential.

Yours sincerely



Sarah Cheeseman

Assistant Headteacher & Designated Safeguarding Lead

