

17 November 2017

Dear Parent/Guardian

Year 11 Support Evening; two sessions
Thursday 30 November 2017 in the Upper School Hall
Revision Strategies 6.00-6.30pm, Teenagers and Stress Management 6.40-7.10pm

On Thursday 30 November we are offering all parents/carers of Year 11 students an opportunity to come into school to find out how they can best support their son/daughter with both exam revision and with managing stress levels.

Revision Strategies

The session will last about 30 minutes and will offer practical ideas and tips that will place you, as a parent, in a strong position to support your child during this very important time. There will be a presentation, some guidance material to take away and a chance to ask any questions. There will also be an opportunity for you to be able to purchase revision guides and equipment.

Coffee and tea will be provided at 6.30pm.

Stress Management

This session will cover the basics of Neuroscience, including changes during adolescence, grounding techniques and self-care for both students and parents. Additionally, we will briefly cover Emotion Coaching to promote awareness, regulation and strengthen relationships. There will be an opportunity to briefly talk with Ms Ricketts after the session if required.

You are invited to attend either session or of course, both. **Please ask your child to return the reply slip to Student Reception by 3:30pm on Monday 27 November 2017.**

Yours faithfully



E Waterman
(Head of Year 11)



S Ricketts
(PFSA)

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REPLY SLIP to: Student Reception FAO Mrs Waterman

I / we (number attending:) will be attending the Year 11 Support Evening on Thursday 20 November 2017. Please indicate below the session(s) you will be attending.

Revision Strategies Stress Management

Name of Student: Tutor Group:

Signed: (Parent/Guardian)

Print Name: Date:



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