



Wednesday, 22 January 2020

Dear Parent/Carer

Re: Anxiety and the issues facing year 11 students in the run-up to GCSE examinations

As you are aware the run up to exams is naturally a stressful time for all Year 11 students and we want to offer them and yourselves the opportunity to discuss any potential issues or concerns. We aim to establish an environment that allows all students to make progress in order to achieve individual potential and achieve long-term goals. To support this, we have arranged an evening open to all parents where a specialist Psychological Wellbeing Practitioner will share strategies to support our students. The event will take place on **Monday 10th February from 5:00pm-7:00pm**.

We have organised the evening as follows:

5 – 6pm

Parents meet with year group staff to discuss individual concerns regarding exam anxiety (**please note this session is optional**). If you wish to discuss concerns please email s.madeley@coxgreen.com who will provide a timed slot.

6 – 7pm

Wellbeing Team presentation to parents regarding how to support students through exams. This event will take place in DINE.

If you require any further information about the evening please contact myself on d.edwards1@coxgreen.com

Yours Sincerely

Mr D Edwards, Deputy Head teacher