



12<sup>th</sup> March 2018

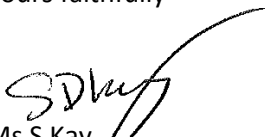
Dear Parents/Carers of Y11 Students

With GCSEs just around the corner, and the stress of examinations telling on students and families, we would like to invite you to a short training session. This is aimed at parents and carers and will be delivered by Liz Parker on Tuesday 20<sup>th</sup> March 2018 at 6.00pm in the main hall.

Liz is a local occupational therapist and academic mentor. She runs a social enterprise, coaching students to manage stress and to achieve their best grades. She is offering a free one-hour training session to Ely College parents on ways to support their children during the exam period. We ran a similar session last year and found that parents really enjoyed and appreciated this as the exam period is so stressful for them as well. Parents find it useful to hear from a specialist about the techniques that they use when supporting students through stressful, peak experiences. The session will include the opportunity for parents to talk to each other, to ask questions and to share their own successful strategies.

Please complete and return the reply slip below by Friday 16<sup>th</sup> March. We look forward to seeing you then.

Yours faithfully

  
Ms S Kay  
Assistant Principal



**Y11 parental training session – 20<sup>th</sup> Mach 2018**

I would like to attend the parental training session on 20<sup>th</sup> March 2018 at 6.00pm.

Name of student.....

Signed Parent/Carer.....

Date.....

Please return this slip to Mrs Kay **by Friday 16<sup>th</sup> March 2018.**

