

Tuesday 7th March 2023

Dear parents of year 11 students,

**Year 11 parents 'supporting your child through exams' evening
Wednesday 29th March at 6pm**

We are delighted to invite you to our Year 11 parents 'supporting your child through exams' evening on Wednesday 29th March at 6pm in our Lakeside Hall.

This invitation is open to all parents and carers with children in year 11 as the external GCSE summer examination season approaches. Last week we ran sessions for students in-school which were designed to support students' mental health and well-being linked to exam anxiety, and this evening will address this from a parents' perspective.

This **informal** evening will help parents and carers with the questions that they may have regarding their child's wellbeing at this vital time, as working towards exams can create feelings of worry and being under pressure. There will be workshops for parents by 'Changing Lives' on how to work with your child through the exam period and how to best support their wellbeing. There will be refreshments available and activities on offer.



Hear from external speakers
Changing Lives



Speak to staff about support
both in and out of school



Learn techniques and tips to
support your child's wellbeing

If you would like to attend, **please** [CLICK HERE to sign up for your FREE tickets!](#)

If you have any queries, please do not hesitate to contact the main school office on 0115 930 1522 or email office@kirkhallamacademy.co.uk.

Yours sincerely,

Mr C Harrison-Hill
Wellbeing Leader