

29 February 2024

Dear Parents

*How to Help Your Child Succeed in Their Exams (A Levels and GCSEs) – Webinar for Parents & Carers  
Thursday 14 March 8pm - please sign up via this [Zoom link](#).*

On Thursday 14 March at 8pm Andrew from Action Your Potential will be delivering a live webinar for parents, carers and students all about how to help our children build learning, reduce stress, manage worries and build positive mental health every day as they prepare for their examinations. [Here is a short introduction from Andrew of what to expect from the session.](#)

In this workshop you will learn all about how to:

- *Daily Learning Routines to support exam success*
- *How to manage revision using Study Reps*
- *How to balance well-being and work*
- *How to manage the brain's worry system*

The exam challenge can feel insurmountable some days, we will show you and your child how to build daily behaviours to help plan and respond in the lead-up to exams.

Andrew is CEO of Action Your Potential, an organisation that works with over 170 schools across the UK supporting them to support their school communities to build powerful habits of well-being, mind management and learning.

Yours sincerely

Sabrina Lawson  
Assistant Head

Andrew Wright  
Action Your Potential