

5<sup>th</sup> November 2019

Dear Year 11 Parents,

**Year 11 Lunchtime skills workshops – 4 sessions  
'Coping with exam and revision STRESS'**

We are pleased to be able to offer a four-week workshop open to all current Year 11 boys, looking at helpful strategies for coping with exam and revision stress.

The workshops will take place in **Room 10** on **Mondays during lunchtime (1.35 to 2.10 pm)** on the following dates:

1. 18/11/19
2. 25/11/19
3. 02/12/19
4. 09/12/19

The workshops will be run by our lead school counsellor and Mindfulness teacher Mel Firth.

We hope that boys will find these workshops useful in helping them to develop skills to deal positively with stress in the run up to their GCSE mocks and exams next summer.

**What to do next:**

In order to sign up, boys should send an e-mail to Mrs Herath [szh@rgshw.com](mailto:szh@rgshw.com) giving their name and form, by **Thursday 14 November**.

There will be a limited number of places on the workshops and if we are oversubscribed, places will be allocated on a first come first served basis. It is possible that we will run these workshops again later in the year.

Kind regards

David Durning  
Head of Year 11