



The Chantry School



EXCELLENCE IN ALL | EXCELLENCE FOR ALL

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Headteacher: Andrew Dickenson BSc PhD

Company No: 07657852

13th September 2018

Dear Parents/Carer

As part of the pastoral support that The Chantry School offer our pupils as they embark upon their GCSE pathway, we would like to invite you to attend our **Key Stage 4 Health & Wellbeing – ‘Mood for Success’** event on **Tuesday 25th September** from **6.00pm until 7.30pm**. The aim of this event is to provide a broad overview about the Y10 curriculum and our expectations, as well as information, advice and guidance on how to support your child through their next two years. We feel that it is important that you, and your child, attend this evening with you so that they are also fully informed of the support that is available to them.

From 6.00pm there will be an introduction to the new GCSEs, the new grading system and our expectations. **From 6.15pm**, there will be three interactive workshops for you and your child to participate in. These sessions will be:

Session 1: Revision techniques - to help your child succeed and avoid stress during exam periods (**library**).

Session 2: Well-being strategies – coping strategies - basic relaxation techniques designed to help to promote clarity and focus for study and exams (**conference room**).

Session 3: Get Active – tips on physical activity to promote a positive mood as well as clear thinking and focus (**hall**).

Session 3: E-safety – providing information on how you can help to keep your child and family safe on the internet and social media sites (**Rm ICT1**).

On offer during the evening will be the opportunity to browse a Marketplace from **5.30pm until 6.00pm**, providing information from Early Help, Libraries and Learning, Freedom Leisure, and the local police services will also be available. Senior Teachers will also be available for informal questions and queries. Refreshments will be provided by Friends of The Chantry School.

We would be grateful if you could confirm your attendance and how many seats you require for you and your son/daughter by **Friday 21st September**. We look forward to seeing as many of you as possible.

Yours sincerely

Nicola Clear
Deputy Headteacher

To : The Chantry School, Form Tutors

Key Stage 4 Health & Wellbeing – ‘Mood for Success’ event on Tuesday 25th September

I/we* would like to attend the above evening. _____ (total number attending)

I/we* will be unable to attend.

Signed Date

*Please delete as appropriate