



21<sup>st</sup> October 2019

Dear Parents and Guardians

As part of our work to develop and strengthen wellbeing, we have invited the Self Esteem Team into College on **13<sup>th</sup> and 14<sup>th</sup> November**. They will hold a number of workshops with students, parents and staff.

The first of our events will take place on **13<sup>th</sup> November, 18:30 – 20:00 for parents**. This evening will focus on supporting your daughter's wellbeing. Building on the feedback from parents following May's event, we will give parents the opportunity to submit questions and topics for our presenter, Kay, in advance of the evening. (Please submit any questions by the 5<sup>th</sup> November deadline). Kay will build the evening around any recurrent themes ensuring the evening is focused and relevant to all who wish to attend. To register a place at the event please follow the link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=xuX8pHkAbk-EVpVFijPt4p4W8XcAN1VEjATMLEw9zalUN0JCUTJFRUtFSDFQUEtPNFAzSINUMEdCRi4u>

On Thursday 14<sup>th</sup> November, we will be holding our wellbeing morning in College for students. In addition to a number of wellbeing activities, all students in Remove to Upper Five will have individual interviews with their tutor to discuss their interim reports and to set both academic and pastoral targets. Kay, from Self Esteem Team, will also be speaking to all year groups with a specific theme:

- Remove and Lower Four: Social Media
- Upper Four and Lower Five: Self Esteem
- Upper Five and Sixth Form: Managing stressful times

We are sure that your daughter will benefit from these events hope that you might also join us too. For more information on the Self Esteem Team please visit <https://www.selfesteemteam.org/>

If you have any questions related to any of the above, please do not hesitate to contact me.

Yours sincerely,

*V. Mitchell*

Dr V Mitchell  
**Deputy Principal (Pastoral)**