

Dear Parents and Carers,

RE: Upcoming webinars for parents - *How to Help Your Child With Stress & Wellbeing. Tuesday 22nd March 6pm-7pm*

We're excited to announce that tomorrow, Elevate Education will be hosting its next Parent Webinar. Feedback to the series so far has been fantastic, so don't miss out the next instalment in the series.

Elevate have worked with our students, delivering high impact workshops on study skills, motivation, wellbeing, and exam preparation. By tuning into their webinar series you will learn how to better support your children at home through reinforcing the skills they learn at school.

To register for the FREE 60-minute webinar go to: https://go.elevateeducation.com/e/891981/uk-schoolwebinar/8svx5/188750778?h=bFh6qGBZ1p_310YB8j0HYoZGK0PSBZVljLTzPe_TxKY

In this session, Elevate will show your parents:

- How to spot your child's stress symptoms early
- How to start a conversation about emotional wellbeing
- Techniques your child can use to self-manage stress .

The webinar is run **live online from 6 – 7pm** where the presenter will share Elevate's key research and skills, and will conduct a live Q&A so you can ask them questions directly.

Elevate is a global education organisation working with the school and over 1-million students to improve their study skills and boost academic performance. You can learn more about them at https://go.elevateeducation.com/e/891981/2022-03-04/93dzt/188750778?h=bFh6qGBZ1p_310YB8j0HYoZGK0PSBZVljLTzPe_TxKY or follow them at www.facebook.com/ElevateParentsUK/

Kind regards,

Miss H. Dolyak
Head of Year 11