

Dear Parents, Carers and Students,

08 February 2021

## Year 11 Webinars

I hope this letter finds you well. The year 11 parents' evening was very well attended last week and a small number of parents raised concerns about stress management and anxiety amongst students. Please see below for information about who to contact if your child is struggling with their mental health at the moment. I have also included registration details for two Zoom webinars sponsored by GCSE Pod, a podcasting revision service for secondary school students.

If any year 11 student at Wey Valley is suffering from stress or anxiety about returning to school or the assessments this summer, they should contact their tutor or Mrs Harmey ([harmeyv@weyvalley-academy.co.uk](mailto:harmeyv@weyvalley-academy.co.uk)). The school can offer services including ELSA sessions, which focus on recognising and managing difficult emotions, counselling and CAMHS referrals for the most serious cases.

### Webinar One

Student Webinar: Stress to Success - GCSEPod – Tuesday 23 February, 6.00pm to 7.00pm  
[https://us02web.zoom.us/webinar/register/WN\\_D7YDLM5EQ--jRCN0J6K47w](https://us02web.zoom.us/webinar/register/WN_D7YDLM5EQ--jRCN0J6K47w)

### Webinar Two

Student Webinar: Student Event - GCSEPod – Wednesday 3 March, 5.00pm to 6.00pm  
[https://us02web.zoom.us/webinar/register/WN\\_tbTvNAOPS1a0FxFKCTtYvPg](https://us02web.zoom.us/webinar/register/WN_tbTvNAOPS1a0FxFKCTtYvPg)

The webinars are designed to give students tools that will help them to develop effective study habits and manage their stress levels.

We look forward to welcoming students back to school and we will be in touch as soon as we know more about when this will be, and what form the assessments this summer will take.

Yours sincerely,



Thomas Neill

Vice Principal

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#### Wey Valley Academy

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