



Walderslade Girls' School

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Dear Parents,

We are pleased to announce that we will be hosting an online workshop on managing stress and anxiety for exams and coursework, specifically designed for years 10 & 11 students. The workshop will take place on Wednesday 10th May from 5 – 6pm.

This workshop is being offered by the Emotional Wellbeing Teams (Kent) and Emotional Support Teams (Medway), based on the success of the digital workshops that were piloted last year and the workshops that occurred before Easter. The workshops are universal, meaning that everyone will benefit from attending in the same way that everyone benefits from physical health talks about healthy eating and exercise. All students are welcome to join.

Students can attend these workshops with their cameras and mics off, and they do not need to speak during the workshop. If there are particular reasons that prohibit students from attending, please let us know to see if we can support them in accessing the workshops.

If your child is interested in attending this workshop, please register their interest by emailing me at neavel01@sflt.org.uk and they will be sent the Microsoft Teams link. Please note that students can use a unique username provided by the school rather than their real name if they would like to. This means that they will be anonymous to others during the workshop.

For privacy and safeguarding reasons, if we do not have the real name or username of the student on our sign-up sheet at the time of the workshop then we will not be able to let them into the Microsoft Teams meeting. This is why students have to sign up directly and, if given the link by a friend they would not be allowed in.

Parent/carers and staff are also welcome to attend.

Please feel free to contact us if you have any questions or concerns. We look forward to seeing your child at the workshop.

Sincerely,

Ms L Neave

Assistant Headteacher

Mental Health Lead

Walderslade Girls' School

Email: neavel01@sflt.org.uk

