

Monday 6<sup>th</sup> January 2025

Dear Parent/Carer,

**Re: Year 11 Exam Wellbeing Event**

We would like to invite you and your child to the Exam Wellbeing Event which will be held on Thursday 23<sup>rd</sup> January 1800 – 1900hrs. The session is to support the Year 11 students in the build up to their forthcoming exams by teaching them the techniques to recognise any triggers of exam related anxiety and how to manage the thoughts and feelings that these triggers can manifest. Wellbeing and revision techniques will also be covered.

There will be an opportunity at the end of the session to ask any questions, but it would be helpful if you can email these to Mrs Ransom in advance [victoria.ransom@bexhillacademy.org](mailto:victoria.ransom@bexhillacademy.org) as we are looking to produce a question and answer flyer to hand out.

We would be grateful if you could please complete the below form to indicate whether you would like to attend or not. <https://forms.gle/6p4JSbLhvPczmwTW7>

Yours sincerely



Mrs V Ransom  
**MHFA Lead**