



7 September 2018

Dear Parent/Carer

## Whole School Curriculum Day - Thursday 20 September 2018 Year 11 - Pastoral Curriculum Day

I am writing to inform you that there will be a Pastoral Curriculum Day on **Thursday 20 September**. The aim of this day will be to explore revision and study methods to prepare students for the demands of external examinations. We will also explore methods of coping with stress and managing academic pressures around preparing for GCSE's.

This year for the Pastoral Curriculum Day we will be joined by specialists from outside agencies:

- *Positively Mad* are a company who work with young people on empowering learning and encouraging students to aim higher. They will deliver a highly-interactive, multi-sensory learning experience focusing on how to prepare for exams by equipping them with a range of very effective learning tools and exam preparation skills. For this we are asking for **£3.00** from parents to help cover the cost of getting the organisation in to work with us (please see ParentPay). Having seen them at work with previous Year 11 students, I am confident that the practical ideas and skills which they develop with the girls will have long-lasting positive effects.
- *MIND* (Mental Health charity) coming in to work with the students on coping with the demands of exams and the importance of building resilience in the lead up to their GCSE's.

There will also be the opportunity for students to apply what they have learned on the day, with sessions of Mindfulness and time for students to create their own revision resources.

Students should arrive in school as normal for an **8:30am** start in their **full school uniform**. They will be in their form groups all day and must bring their pencil cases/writing equipment, in addition to an exercise book from a subject of their choice (to be used when creating their own revision resource on the day).

Please make payment via ParentPay by Monday 17 September 2018.

Yours faithfully

Miss L Kelly  
Head of Year 11

