

24 April 2019

Dear Parents/Carers

Ref: Exam Stress Support

As we're fast approaching the GCSE period we would like to offer year 11 students the opportunity to attend a drop in session on exam stress.

This session will be run by our Primary Mental Health Worker, Emma Sharpe and is completely voluntary. Sessions will be run during lunchtimes and will give students the opportunity to discuss any concerns and discover strategies which may help them.

Emma will also be offering a drop in for parents to discuss any questions you may have on the evening of the **30th April 2019 between 5:30-6:30pm at school.**

Please make us aware if you do not wish your child to access this session.

If you have any queries or would like to speak to Emma regarding any other concerns you may have about Emotional Mental Health and Wellbeing please contact her directly on esharpe@patchamhigh.org.uk. Please note she is only in school for a limited time each week and may not reply immediately.

If you have any urgent concerns around your child's mental health please contact:

- CAMHS Duty: 0300 304 0061 (9am-5pm)
- Your GP
- Sussex Mental Health Line: 0300 5000 101 (out of hours)
- www.findgetgive.com
- www.brightonandhovewellbeing.org

Kind regards



James Mackay
Head of Year 11