



STOUR VALLEY
— COMMUNITY SCHOOL —

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Headteacher Mrs Rachel Kelly BA (Hons)

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Dear Parents/Carers

I am very pleased and excited to let you know that we have secured a company called 'Positively You' to come into school on Friday 31 March to work with Year 11 students.

Your child will take part in an 80-minute session in the hall with peers. The year group will be split into two to allow a more interactive experience. The focus of the session is 'Exam Busters'.

The session is an inspiring, intensive and interactive workshop which offers practical exam preparation advice, revision techniques and stress management tools.

We hope to stimulate and grow a positive attitude towards learning and exams, reduce exam stress, upskill students with effective memory techniques and provide a comprehensive exam toolkit. Students should leave this workshop feeling energised and enthusiastic. There will be practical tools shared to make students better prepared to handle their workload, remember facts, retain information, overcome mental blocks and manage time in exams. It also teaches wider life skills such as preparation, relaxation, stress reduction and organisation, and supports mental and physical well-being.

The results that are hoped to be achieved following this session are an increased confidence that students can perform well in exams and achieve their full potential, provide new ideas about what students can achieve and the steps they can put in place to help along the journey, and sharing multiple tools to aid the learning and retention of information.

This company has been highly recommended and we will of course, take evaluations from the students following the session to enable us to plan for future years.

I would really encourage you to speak to your child following this session to gain understanding of what they took from it and how you can help to facilitate and support revision at home.

Yours faithfully

Gemma Stronach
Deputy Headteacher

