



# Teenage Pressure And Exam Stress: An Information Evening For Year 11 Parents

## AIMS

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1. How can you help your child to deal with exam pressures and stress?
2. What is mindfulness and how to achieve it?
3. How can you help your child to revise?
4. What are the arrangements for Y11 examinations?

Please attend this event to meet with other parents of Year 11 students and learn strategies to deal with exam pressure and stress. Your child will have attended a similar session earlier in the day.

**Venue:** George Spencer Academy Conference Centre

**Date:** Tuesday 6th March 2018

■ Session 1 – From 5.30 pm

■ Session 2 – From 6.30 pm

