

Preparing to succeed

Virtual Information Evening 2020

Does your child worry about exams, homework and the pressures of school life?

Or do you want to find out more about how your child can maintain a **healthy school-life balance**?

Could your child benefit from support with their **mental health and wellbeing** and want to find out more about: *anxiety, stress management and emotional resilience*? Or find out about the **support services** on offer through school, our pastoral team and other external agencies? Or could you even just want some reassurance about how to support your child with the stress and worry of everyday 21st century life?

Do you want to find out more about **effective revision techniques, organisation and managing workload** throughout the year? Do you want to understand how we support revision of key knowledge in our **lessons, assessments and home works**?



Thursday 10th December 2020—5.30pm - To view the event, students must sign in using their school email to access the MS Teams live event.

All students and their families are invited attend a virtual information evening to find out more about how to prepare for future academic success whilst maintaining a **healthy school-life balance**.

After the virtual talk, representatives from our pastoral team and SLT will be available to discuss the Shelley College pastoral offer and any specific revision, study habit or mental health & wellbeing related questions.

For further details, please email wellbeing@sharemat.co.uk—a full information letter will be sent to parents this half term with more information.

