



December 2020

RE: 'Preparing to succeed' Information VIRTUAL Evening – Thursday 10th December 5.30pm

Dear parent or carer,

We are writing to invite all interested students and families to attend a virtual 'Preparing to succeed' information evening that is taking place on Thursday 10th December with a talk taking place at 5.30pm over the Microsoft Teams platform as a 'live event'. The purpose of the talk is to inform families and students about how Shelley College students can develop a healthy school-life balance; whilst increasing organization; maintaining effective study and revision habits. The evening will focus on:

- How can I support my child to remain on top of their homework/revision?
- What do effective study habits and revision techniques actually look like? Myths vs reality
- 'My child is anxious, stressed or struggles to manage their emotions'* – How can family help? What is on offer from school and other local services to help and offer support?
- 'My child is addicted to social media/their phone'* – Online/social media safety & managing electronic device use
- How can my child best prepare for success at school without becoming overwhelmed with workload, stress or anxiety?

There will be opportunities at the end of the talk to discuss any of these areas further with members of the pastoral, SLT and teaching and learning team via an online 'Question and Answer' chat box. Furthermore there will be information about services that are on offer to support your child's mental health and wellbeing that we offer as a school and through partner agencies. Whether or not you think your child is struggling with any of the above topics, it could still be beneficial to attend to find out more about these key areas.

As the evening is open for all families (Year 9 – 13) to attend, we will be sending a link to students via their school email with the invitation to join the live teams event. In order to watch the event and ask questions, you will need to sign in with your child's school email to our internal Microsoft Teams site (in a similar way to how a student would access a live lesson). We will make the session available online after for you to watch in your own time via our 'ShelleyPastoral' Youtube channel. The evening would be ideal for students in Y11 and Y13 who have upcoming exams in the summer term, but could equally be beneficial for those in other year groups who are wanting to start thinking about these topic areas in advance of them finishing their academic career with us at Shelley College. If you have any questions about this event, please either contact us via the school office or directly through the wellbeing email.

Best wishes,

The Pastoral Office
wellbeing@sharemat.co.uk



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