



Teenage Pressure And Exam Stress: An Information Evening For Year 11 & 13 Parents

AIMS

1. How can you help your child to deal with exam pressures and stress?
2. How can you help your child to revise effectively?
3. What are the arrangements for Y11/13 examinations?

Please attend this event to meet with other parents of Year 11/13 students and learn strategies to deal with exam pressure and stress. Your child will attend a similar session during the day on March 5th (challenge day).

Venue: George Spencer Academy Conference Centre

Date: Tuesday 12th February 2019

■ Session 1 – From 5.00 pm

■ Session 2 – From 6.00 pm

