



March 2017

Dear Parents/Carers,

## Supporting Revision and Managing Stress on Exam Day

Following on from the successful workshop delivered by Lorraine Lee in September, we would like to invite you to join us at our **Supporting Revision and Managing Stress on Exam Day** evening for Parents/Carers to be held on Wednesday 18<sup>th</sup> April 2018, between 19.00 - 21.00, in the main school hall.

The aim of this session is to look at how parents/carers can support children to build positive revision habits. It discusses working “smarter” in a way that the brain likes.

Parents will also get tips on how to best support and help their children on exam days. There will also be an opportunity to ask questions and discuss strategies used by other parents. This session is particularly relevant to parents of students taking GCSE's this year but is also highly useful for parents of students in years 7 – 10 when revising for their end of year exams (laying positive foundations early gently prepares young people for the reality of Year 11).

Lorraine Lee, who has over 13 years experience working with parents and teachers in Hampshire Schools, will be leading the session. Workshops are a refreshing mix of discussion, reflection and front-led input. This evening will leave you feeling informed, confident and equipped.

You can log onto Lorraine's website and book seats for this session using the following link <https://hamblerevision.eventbrite.co.uk>

Yours sincerely

N. Cleaver  
Assistant Headteacher

*If, at any time, you should require special arrangements to be made when visiting the school and/or in order to participate fully in supporting your child at school (e.g. an accessible venue for meetings, if you are a wheelchair user, assistance with translation of documents or enlarged copies of communications etc.), please do not hesitate to let us know.*

**[www.thehambleschool.co.uk](http://www.thehambleschool.co.uk)**

T: 023 8045 2105 • F: 023 8045 7439 • [general@thehambleschool.co.uk](mailto:general@thehambleschool.co.uk)

Headteacher: Ms L Croke, B.Ed (Hons) MA NPQH