

14 December 2021

Dear parents and carers,

Year 11 Off-Curriculum Day

I am delighted to share with you details of our Year 11 off-curriculum day on Friday 4 February when students will be off timetable all day and participating in various workshops.

This day has been planned at the end of the Pre-Public Examinations as an opportunity for reflection, mindfulness and focus on their well-being after a busy and demanding period of testing. The off-curriculum day will involve an interactive exam busters workshop, a wellbeing workshop, as well as other activities that can help with relaxation and mindfulness. The exam busters and wellbeing workshops will be run by an external company called 'Positively You'.

The purpose of the exam busters workshop is to provide students with skills for life; focusing on study, preparation, memory, relaxation, stress, organisation, as well as a range of effective tools and techniques to help them with their revision and exams. The wellbeing workshop aims to provide a practical toolkit for the students to be able to manage their own mental health and wellbeing.

The timetable of the day will be released when we return to school in January.

We are also excited to be able to offer a parent twilight session which will be delivered online by Positively You at the end of the school day, after students have experienced their workshops. The twilight session will focus specifically on the wellbeing workshop and will provide parents and carers with some fantastic tips on how to further support and encourage students at home as they try out their new skills. We highly recommend parents attending this session in order to gain an insight into some of the tools and techniques which students experience during the day. There will be more information regarding the parent twilight and how to access the online session provided nearer the time.

Attendance is expected and we hope that students will take full advantage of these sessions and find them rewarding and motivating, enabling them to feel positive and better equipped to cope with the pressure they face at school and in the world.

If you have any questions regarding this day, please do not hesitate to contact me by email at awehrle@wealdgs.org

Yours sincerely,



Mrs A Wehrle
Extra-curricular Coordinator

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