



Thursday 19th March 2026 - Exam Stress at 12:30pm and 5:30pm

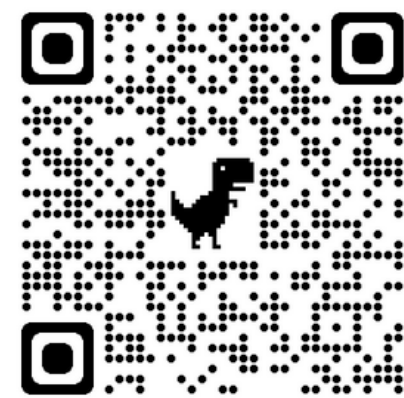
We would like to invite parents/carers of young people to a 1/2 hour, information session which explores how you can support your child's exam stress-

The session explores :

- To understand the body's natural reactions to worry and stress
- To discuss helpful ways of supporting your child in managing exam stress
- Normalising worry



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



12:30pm - Meeting ID: 322 666 345 873 6

Passcode: Gr6Mo3UC

5:30pm - Meeting ID: 374 855 432 218 7

Passcode: pg6BQ9Zu