



The Priory School

Educating Students for Success in Life

The Priory School
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Headteacher: Mr Geraint Edwards

17th December 2018
KT/JW

Dear Parent / Carer

Parent Information Evening – Tuesday 22nd January 2019

Our second parent information session is on Tuesday 22nd January 2019 at 6.30pm. The session should finish by approximately 7.30pm. The title of the session is 'A Guide to Stress and Anxiety'.

The session will be delivered by Shelley Taylor from Public Health England. The evening will cover the following topics;

- Stress and anxiety in teens specifically and how to recognise warning signs
- Stress and anxiety that links to exams
- Tools and techniques to combat stress and anxiety
- Support and guidance for parents on how to support your child through exams

If you wish to attend this session, please book online using the following link:
<https://thepriory.parentseveningsystem.co.uk/>.

I look forward to seeing you on Tuesday 22nd January 2019.

Yours faithfully

Mrs K. Southall
Assistant Headteacher