

7 February 2024

Dear Parent/Carers,

**Thought-Full mental health & wellbeing session - Exam Stress**

Following the successful launch of the Thought-Full mental health programme partnering with WSCC and Sussex University, the Thought-Full team will be running a number of parent/carer sessions on Mental Health and Wellbeing before Easter.

The first session on **Exam Stress**, will be run on **Thursday 29 February from 6.00pm - 7:30pm**, in the school hall by Greg Cronie, our school advisory teacher from Thought-Full.

We are recommending this session to our families with students in years 10, 11 and 13 as they prepare for their GCSE and A level exams this Summer.

In conjunction with this parent session, there will be student sessions focusing on coping with exam stress specifically for our year 11 and 13 students preparing for their summer exams. These sessions will take place in school during the weeks beginning 11 and 18 March after the students have received their mock exam results.

If you missed the Thought-Full launch event, held in early January, there is an online re-run of this launch which you can sign up to attend via the form linked below. The launch offers information about the Thought-Full programme and the benefits it will bring to our community at The Weald.

We are very pleased to be able to offer this new programme to parents/carers and would like as many people as possible to benefit from them. If you are interested in signing up to these sessions, please complete the form via the following link:

[Thought-Full parent sessions sign up form.](#)

We look forward to welcoming you to the Thought-Full sessions.

Yours faithfully,



Mr A Mowforth  
Assistant Headteacher



Mrs S Summerfield  
(SMHL) & Mercury Head of House