



Dear Parent/ Carer,

I am writing to inform you that on Tuesday 4th July, Year 9 and 10 students are going to receive an educational workshop about resilience from an external company called **Positively You**.

As part of this, we have also asked them to host a Parent Twilight session, which you are invited to attend.

The session will be held virtually on **Tuesday 4th July from 3:30-4:30pm**.

During this hour-long session, you will find out what your child learnt in the workshop and will be given information and advice on how to support them at home.

The session will be delivered over Teams. The link you will need to join is <https://shorturl.at/fiyN9>

Nothing else is required in order for you to take part, but you are welcome to take notes if you wish to.

In the meantime, you can visit the Positively You website, where you will be able to download a free revision cheat sheet, along with additional resources.

<https://positivelyyou.org.uk/parent-resources>

Should you wish to provide any feedback about this Parent Twilight session, please visit the website below to do so.

<https://www.surveymonkey.co.uk/r/parenttwilight>

We hope to see you there.

Yours sincerely,

Miss E. Sayer