



17 March 2023

Dear Parents and Carers

**Re: Emotional Resilience and Regulation in Adolescents**

We are increasingly aware of the number of students experiencing high levels of stress and anxiety in school which compromises their education, social life and family relationships. Managing friendships, schoolwork, outside interests, family issues, alongside the normal challenges of adolescence can be difficult for some teenagers, particularly around exam times.

We have successfully run several sessions to support students, in assemblies, small groups and parent workshops. We are now offering parents the chance to find out more about ways to support their teenagers.

If you would be interested in attending a two-part workshop to learn more about ways to support your teenager and understand the triggers that might cause some of their problems, please email your Year Administrator to book a place, or complete the slip below and return to your child's year office, by Tuesday 21 March 2023.

The workshop will be held on Tuesday 28 March 2023, from 5-7pm with refreshments served midway.

Yours sincerely

Mrs G Wilson

**SEAL Co-Ordinator**

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**Please return to your child's year office, St Martin's School**

Name of attending adult: .....

Telephone number: .....

I would like to attend the session, '**Emotional Resilience and Regulation in Adolescents**' on Tuesday 28 March 2023.

Signed: ..... Date: .....

***Be The Best You Can Be***



**DISCOVERY**  
EDUCATIONAL TRUST

Chief Executive Officer: Mr R Duff  
St Martin's School is proud to be part of  
the Discovery Educational Trust

