



5 November 2019

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 and are once again 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 the Year 11 administrator, Mrs Blake on [sblake@st-martins.essex.sch.uk](mailto:sblake@st-martins.essex.sch.uk) or complete the slip below and return to the Year 11 office.

The workshops will be on Wednesday 27 November from 5.00pm to 6.00pm for part one and again on Wednesday 4 December at the same time for part two.

Yours sincerely

Mrs G Wilson  
**SEAL Co-Ordinator**

✂-----

**Please return to Mrs Blake in the Year 11 office, St Martin's School**

Student Name: ..... Form .....

Parent Name: .....

Telephone number: .....

I would like to attend the session '**Emotional resilience and regulation in adolescents**' on Wednesday 27 November and Wednesday 4 December 2019

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