



3.3.2025

Dear Parents and Carers

Y6 Exam Wellbeing workshops Tuesday 18th March 2025

We are pleased to inform you that on **Tuesday 18th March 2025** an Educational Mental Health Practitioner (EMHP) from the Mental Health Support Team will be visiting the children in Year 6 to deliver a workshop around Exam Wellbeing, and how to better manage any tricky emotions that might be felt around exam time.

The EMHP will also be offering a parent workshop in the evening of the same day which I invite you to attend. The workshop will take place at King Ina Academy on **Tuesday 18th March between 5.30pm and –6.30pm**. This hour long session may provide you with some hints and tips on how to support your child if they are anxious about exams.

This is a drop in session, so no need to pre-book, but please do let the office know if you will be attending the session, so that we will know how many to accommodate for.

Very best wishes

Jodie Stock

Jodie Stock SENCo/SMHL King Ina Academy

