



5<sup>th</sup> January 2024

Dear Parent / Carer,

## Exam Busters Workshop for Year 11 Students and Parent Session

I hope this letter finds you well. We are delighted to inform you that "Positively You" will be conducting Exam Busters Workshops for our Year 11 students on Thursday 25<sup>th</sup> January. These workshops aim to equip our students with valuable skills and strategies to enhance their study techniques, exam preparation, and overall well-being.

The Exam Busters Workshops will cover the following key areas:

1. The art of study
2. Exam preparation and revision techniques
3. Memory skills enhancement
4. Relaxation exercises
5. Stress reduction tips
6. Organization tools
7. Strategies for maintaining mental and physical health and well-being

We believe that these workshops will provide our students with the necessary tools to navigate the challenges of exam season successfully. The sessions are designed to be engaging, interactive, and tailored to meet the specific needs of our Year 11 students.

Additionally, we are pleased to announce that there will be an online parent/carers session following the workshops, starting at 5pm. This session is a valuable opportunity for parents/carers to gain insights into the strategies being taught to their children and to reinforce these practices at home. The session will be accessible via Google Meet using the code: <https://meet.google.com/gab-rojf-rec>.

We encourage all parents/carers to participate in this informative session to better support your child's academic journey. Your involvement and collaboration with us in reinforcing these skills at home can significantly contribute to the success and wellbeing of our students.

If you have any questions or concerns regarding the workshops or the parent/carers session, please do not hesitate to contact me.

Thank you for your continued support in fostering a positive and effective learning environment for our students.

Yours faithfully,

**Miss G Kenneford**

Head of Year 11

[gkenneford@buckinghamschool.org](mailto:gkenneford@buckinghamschool.org)