



Brine Leas School

An Academy

Believe, Learn, Succeed

February 2018

Re: Resilience Week

Dear Parent/ Guardian,

I would like to inform you of an opportunity for your child to participate in a half day workshop focusing on 'Dealing with Stress and Increasing Resilience'. Run by Tianne Croshaw, a local Mind Coach; the aim is to help students with to focus on how they are going to manage themselves though this important period before their exams.

Studies have found that when students are less stressed and have increased resilience; they are more engaged, have better memory recall and can creatively respond to challenges. The workshop will help raise awareness of the early signs of stress so that students can notice it in themselves and others and take action before the situation escalates. Within the sessions, students will be learning the techniques of using Left/Right brain thinking to create a more positive mind set. In addition, it aims to help students explore and design their own Wellness plan to encourage ownership and self-responsibility.

Run in small group sessions, your child will be off timetable for 1.5 hours during 1 afternoon of the week commencing 19th March 2018. Each session will be held within a seminar room within the 6th form building and will be supervised by a member of the Learning Behaviour Team. I hope your child will find this opportunity valuable and enlightening.

If you would like your child to take part in these sessions please complete the permission slip attached and return to me no later than Friday 9th March 2018.

If you have any queries, please do not hesitate to contact me on the school number.

Yours faithfully,

Mr J Linde
Learning Behaviour Manager
JLSJ/LDG

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PERMISSION SLIP – RESILIANCE WEEK SESSIONS– MR LINDE

I would like my child Progress Group.....
to attend the above sessions.

Signed.....(Parent/Guardian) Date.....

PLEASE RETURN NO LATER THAN FRIDAY 9TH MARCH 2018