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Headteacher: Mr M Wignall

January 2019

Dear Parent/Carer

**GCSE Survival Skills Evening – Thursday 17 January 2019**

As we begin 2019 and approach the end of Year 11, we are entering a crucial time in your child’s education. The students are studying incredibly hard in school to prepare for their exams in the summer, but it is important to be aware of the contribution that can be made outside of school to exam success as well.

Ensuring students stay happy and healthy, both physically and mentally, during this important time is crucial to success. At Downlands we firmly believe that wellbeing plays a huge role in supporting the success of the students, and as such we would like to invite you to a ‘GCSE Survival Skills Evening.’

The ‘GCSE Survival Skills Evening’ will provide information on a number of factors that can contribute to the success of your daughter/son this summer and moving forward. The evening will focus on sharing tips on factors that are within your and your son/daughter’s control, develop awareness of these factors and provide you, the parents and students, with strategies to use over the coming months.

There are two sessions – the first session is for students in 11DW, 11KRO and 11JM and will begin at 5.30pm. The second session is for students in 11MLi, 11MT, 11MX and 11SY and will commence at 6.30pm. The evening will start with a short presentation followed by a carousel of five workshops each focusing on a different topic that can support your daughter/son. Information will be shared on:

- Mindfulness
- Diet
- Physical activity
- Anxiety
- Low stakes testing through apps.

Following the workshops you will receive a small ‘goody bag’ to take home with information relevant to the information you have heard.

We firmly believe that these factors can have a huge impact on helping young people get through the exam season in a calm and focussed manner. This will then ultimately support them achieving their full potential.

In order to confirm your attendance at this extremely beneficial evening please complete the attached slip and return it to the trips box by Tuesday 15 January.

Yours faithfully

Mr K Lusk  
Year 11 Achievement Leader.

Return to Mr Lusk via Trips Box

**GCSE Survival Skills Evening – Thursday 17 January**

- 11DW/ 11KRO/ 11JM : at 5:30 – 6:30
- 11MLi/ 11MT/ 11MX/ 11SY : at 6:30 – 7:30

Student’s name: ..... Tutor group: .....

Will / won’t (please delete as appropriate) be in attendance.

There will be ..... of us attending (please insert number of attendees)

**Please return to the trips box no later than Tuesday 15 January**

