



**Kemnal  
Technology  
College**

***Date: 07/02/2023***

Dear Parents/ Carers,

**RE: Year 11 Mental Health Support Workshops**

As part of Children's Mental Health Awareness Week (6-10<sup>th</sup> Feb 2023) we are running several workshops to support our students. Students have been invited to engage in targeted workshops to support their needs. Your son has been invited to attend two sessions:

**Wednesday 9th of February, 2pm-3.15pm:** Exam, Stress and Expectations- How to cope (Now and Beyond)  
**Thursday 10<sup>th</sup> of February 9.10am-10.10 am:** Mental Health Awareness Workshop (Bromley Y)

The sessions are designed to allow students to explore what might cause them stress, understand the brain's response to anxiety and learn techniques to calm oneself when anxious, as well as think about regular practices to maintain and promote mental health and wellbeing, with a focus on exam success. As there are limited spaces for this opportunity, please ensure your son is in school and ready to attend the session.

If you have any questions or concerns about these arrangements to support your son outlined above, please do not hesitate to contact the school.

Yours faithfully,

**Miss Brenson  
SENDCO**

**[www.ktc-tkat.org](http://www.ktc-tkat.org)**

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