



**Kemnal
Technology
College**

04/05/2023

Dear Parents/Carers,

RE: Year 10 and 11 Mental Health Support Workshops

Bromley Y are offering to run workshops to support our students throughout the year. Year 10 and 11 students have been invited to engage in targeted workshops to support academic stress. This will take place on **Thursday 11th May at 10.10 am (Year 10) and 11.30am (Year 11), in the Year 7 common room.**

The session is 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 academic success. As there are limited spaces for this opportunity, **please use the Google Form below to confirm your child's attendance.**

<https://forms.gle/NtDxEbxuLkc3yYRF8>

There are only 30 spaces per year group.

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

Yours faithfully,

**Mrs Brenson
SENDCO**

www.ktc-tkat.org

Head of School:
Ms Emma Wride
BA (Hons) NPQH

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Mr Stuart Smith
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