



Beths Grammar School

an 11 – 18 selective school with academy status

Headteacher: Mr R J Blyghton

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4th March 2020

Dear Parent/Carer,

Wellbeing Workshop Evening – 5pm to 7pm on Wednesday 25th March 2020

As part of our continued emphasis on the wellbeing of our whole school community, we have pleasure in announcing our inaugural Wellbeing Workshop Evening for Parents.

The workshops we have on offer are as follows:

- Academic performance in teenage boys (presented by Mr McBeth, Beths)
- Adolescent emotional development (presented by Pascale Berthellet, Bexley Public Health)
- E-Safety (presented by Mr Mulla, Beths)
- Exam stress (presented by Denise Brett-Smith and Jo Jones, Beths)
- Loss/Bereavement and its impact on the family (presented by Sehar Warren, Therapist and Parent Wellbeing Champion)
- SEN support at Beths (presented by Mr Ward, Beths)

You are able to attend two workshops from the above list by ticking the ones that are of most interest you and returning the slip below.

Look forward to seeing you on the 25th March.

Yours faithfully,

Mr D O'Regan
Deputy Headteacher

Reply Slip to be returned to Form Tutor OR placed in the Reply Slip Box in Main Reception

RE: Wellbeing Workshop Evening for Parents – 5pm to 7pm on Wednesday 25th March 2020

Name of son/daughter: _____ **Form/Tutor Group:** _____

Please tick the workshops you wish to attend:

Name of Workshop	Session 1 (5pm to 5.50pm)	Session 2 (6pm to 6.50pm)
Academic performance in teenage boys		
Adolescent emotional development		
E-Safety		
Exam stress		
Loss/Bereavement and its impact on the family		
SEN support at Beths		

Signed Parent/Carer: _____ Date: _____

Print name: _____