

Our ref: KBT/GNY

28th November 2023

Dear Students, Parents and Carers,

Re: NHS Wellbeing Workshop – Tuesday 5th December 2023 – 9.00 to 10.00 am

Student wellbeing is at the heart of our core values and an important part of ensuring progress. Every sixth form student has a dedicated specialist sixth form tutor to support wellbeing and learning. Extending knowledge and skills by working independently is an integral part of the sixth form study programme in sixth form which is supported by our dedicated team. As part of this holistic programme, we have invited specialist staff from the Hertfordshire & Mid Essex Talking Therapies team to deliver a presentation to our Year 13 students preparing for the final year of study and progression to university, degree apprenticeships or employment.

The workshop will take place during school hours and will cover a range of topics such as under the following headings:

About Stress: an introduction to the topic of stress and common symptoms

About CBT: a nutshell summary of the cognitive and behavioural model of study stress

The CBT Study Stress Toolkit - Breaking down tasks: building an effective study strategy by setting goals which are Specific, Measurable, Achievable, Relevant and Time-limited (SMART)

Effective behaviours: basic self-care, scheduling and time management, diet, exercise, taking breaks, social activities, and time for hobbies

Effective thinking: spotting unhelpful thinking habits, challenging negative thoughts, and choosing new, more flexible and realistic ways of thinking and reflection

Key messages: Exams, studying and academia can be source of stress for many. Study stress can arise during day-to-day study or when preparing for an exam. This workshop will introduce techniques that can be used manage this.

We are looking forward to an informative session. If you have any questions, please call the sixth form office on 01438 344341.

Yours sincerely,

Mrs K Barfoot

Mrs K Barfoot
Head of Sixth Form