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22nd October 2026 MCR/cb

Dear Parents/Carer

RE: Positively You - Online Parent Workshop & Hub Access

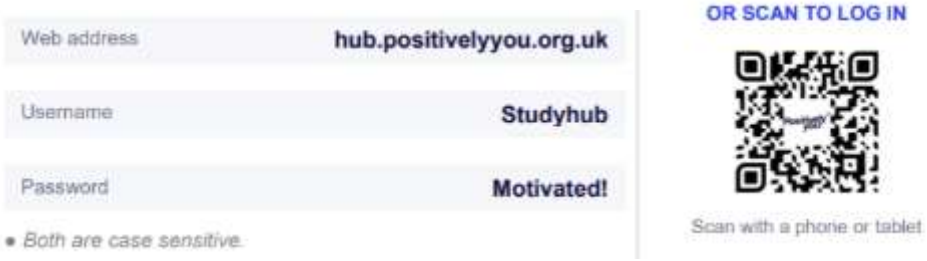
Thank you to everyone who attended our online Parent Twilight Workshop with Positively You last week. We hope you found the session useful and came away with practical strategies to support your daughter as she navigates the demands of Year 11, particularly in relation to exam preparation, managing stress and maintaining positive wellbeing.

Unfortunately, we are unable to share the workshop slides following the session, as Positively You's privacy policy does not permit the distribution of their presentation materials. However, we are pleased to be able to offer access to their Online Resources Hub, which contains many of the strategies, videos and practical resources explored throughout the programme.

I am also pleased to share that we held our first in-school Positively You workshop for Year 11 students on Monday 19th October. The students engaged brilliantly with the session and worked fantastically throughout. It was wonderful to see them engaging so positively with the strategies and techniques designed to help them build confidence, manage exam pressures and prepare for their GCSEs.

Positively You – Online Resources Hub

As part of our package with Positively You, we now have access to their **Online Resources Hub**, which is available to students, parents and carers, and teachers. This provides an additional opportunity for families to access resources and revisit the strategies introduced during the workshops.



The hub offers 24/7 access to high-quality video content and a wide range of downloadable and printable resources, including practical guides and templates. It can be accessed on any device, making it easy to use at a time that suits you and your daughter.

The resources are organised into four key modules:

- **Study Skills** – strategies to support effective and independent learning.
- **Exam Preparation** – practical guidance to help students prepare for examinations.
- **Resilience** – techniques to develop confidence and manage challenges.
- **Wellbeing** – strategies to support positive mental health and emotional wellbeing.

The hub is designed to encourage students to take ownership of their learning and development, while also helping parents and carers understand how best to support them at home. I would encourage you to explore the resources with your daughter and use them to reinforce the techniques covered in the workshops.

We hope that the combination of the student workshops, parent support and online resources will help our Year 11 students feel increasingly confident and equipped to manage the challenges of this important year.

Thank you for your continued support. If you have any questions about the programme, please do not hesitate to get in touch.

Yours faithfully,

M Croft

Ms Croft
Assistant Headteacher