



St. Ninian's HIGH SCHOOL

Scoil Ard Noo Ninian

LOWER SCHOOL (Years 7 – 9)

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UPPER SCHOOL (Years 10 – 13)

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HEAD TEACHER Mr C. J. Coole

Our Ref: Yr 11 Stress Letter/AGW/SB

6th March 2018

Dear Parent or Guardian

Re: Stress Management Information Evening: Tuesday 13th March, Upper School 6.30pm – 7.30pm

As the end of Year 11 becomes ever closer, it is understandable that the stress levels for the students are increasing. In a bid to provide some support to both students and parents through this demanding time we have organised a stress management information evening. The information evening will take place on Tuesday 13th March in the Main Hall at Upper School.

The session will be delivered by John Kermode, an educational psychologist. John has worked extensively in the field of child and adolescent psychology and now runs his own practice focusing on family mediation. John's role on the Isle of Man have included working within the Isle of Man Child and Adolescence Mental Health Service and as the Senior Educational Psychologist on the Isle of Man.

John has already delivered a short assembly to Year 11, covering the basics of what stress actually is and how best to use stress to improve performance. It is hoped that this information evening will supplement this initial information and provide parents and students with some greater understanding that the role stress can play in performance and some strategies to help reduce the negative impact that stress can have.

Students are welcome to attend along with their parents/guardians. We anticipate that the event will last no longer than one hour, including the opportunity for questions to be asked and the option for students to sign up to a further support session.

Parents/Guardians can book a place for the evening (maximum of 2 adults, 1 student) on the school website by clicking on the Parent's Evening Appointments tab at the top of www.snhs.im. A short guide on how to add appointments is included overleaf.

Yours faithfully,

Miss A Watts
Head of Year 11

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WWW.SNHS.IM

DEPUTY HEAD TEACHERS Miss J. White Mr A.N. Smith

ASSISTANT HEAD TEACHERS Mrs A.C. Daugherty Mr D. McGuinness Mr J.K. Smith Mrs R.A. Withington | BURSAR Ms S.M. Shimmin