



U:\Letters to parent\Exam  
April 2019

Dear Parent,

On Thursday 2 May we have arranged for Felicity King to deliver a presentation to Year 11 and 13 students and parents on dealing with exam anxiety and stress. The presentation will take place in the School Hall from 5.30pm – 6.30pm.

*Felicity is a mother, teacher and innate wellbeing coach. Her passion is supporting students to understand where their moment to moment experience is coming from. This way they are able to tolerate natural feelings and emotions and not be so afraid of the inevitable ups and downs of real life.*

*The aim of the presentation is to equip students with the knowledge and skills to live a courageous life, safe and secure in knowing they have the in-built superpower to tackle the challenges ahead with calm, confidence and clarity.*

The exam season can be very daunting and sometimes foster cycles of anxiety in the years that follow, not to mention becoming resistant to sharing our unique gifts and talents. Anxiety doesn't have to be part of the busy world we live in and self-esteem is our default setting, when we know how to access it.

This presentation will look into the biology of mindset, providing tools to take control of our own wellbeing and reclaim our brain for a life we all deserve.

Numbers for the presentation will be limited and we ask students and parents to sign up in advance and no later than Monday 29 April. We would encourage parents to attend with their son but appreciate that this may not be possible. Students are also welcome to attend by themselves.

We would be grateful if you could return the reply slip to the School Office by Monday 29 April if you or your son would like to attend.

Yours sincerely,

Justin Dixon

Deputy Headmaster

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**Return to: School Office or email to: [admin@kings.lincs.sch.uk](mailto:admin@kings.lincs.sch.uk) by Monday 29 April**

**Exam Anxiety Presentation for Students and Parents on Thursday 2 May 2019**

**5.30pm – 6.30pm in the School Hall**

Name of student: ..... Form: .....

I would like to attend the Exam Anxiety presentation with my son on Thursday 2 May between 5.30pm and 6.30pm in the School Hall. [ ]

My son will attend the presentation by himself. [ ]