

February 2024

Dear Parent and Carers,

How to Help Your Child Succeed in Their Exams (A Levels and GCSEs) – Webinar for Parents & Carers
Thursday 14 March 8pm - [Zoom link is here.](#)

We're always looking for ways to support our wonderful children and parent/carer community. As you will know all of our students have received support from [Action Your Potential](#) to learn about their amazing brains.

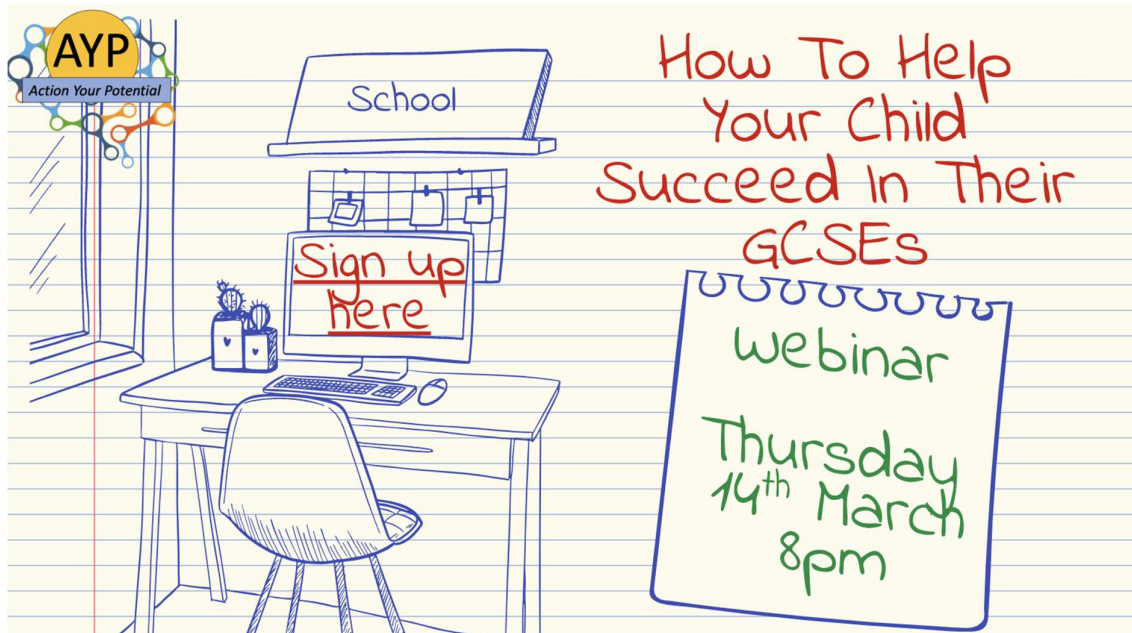
On Thursday 14 March at 8pm Andrew from Action Your Potential will be delivering a live webinar for parents, carers and students all about how to help our children build learning, reduce stress, manage worries and build positive mental health every day as they prepare for their examinations. [Here is a short introduction from Andrew of what to expect from the session.](#)

In this workshop you will learn all about:

- *Daily Learning Routines to support exam success*
- *How to manage revision using Study Reps*
- *How to balance well-being and work*
- *How to manage the brain's worry system*

The exam challenge can feel insurmountable some days, we will show you and your child how to build daily behaviours to help plan and respond in the lead-up to exams.

Andrew is CEO of Action Your Potential, an organisation that works with over 170 schools across the UK supporting them to support their school communities to build powerful habits of well-being, mind management and learning. [A poster about the session is here](#) with a sign up link embedded in it.



[To sign up to this workshop please click on this link.](#) AYP takes your privacy seriously and won't use this information for anything other than informing you about this course and sharing support resources. [Our GDPR policy is here.](#)

Yours sincerely

Andrew Wright
AYP