

5/10/23

Dear Year 13 Parents,

**Subject: Year 13 Update: Supporting Your Sons in Their Final Year**

I hope this email finds you well. We are now a few weeks into term and I wanted to take a moment to introduce myself and share some important information regarding our focus this year for Year 13.

I am thrilled to serve as the Head of Year for this talented group of young adults, and my primary responsibility is to support their personal development, well-being, and academic success. With the demands of exams, revision, and university or degree apprenticeship applications looming ahead, we recognise the importance of fostering mental health and resilience in our students.

Here's what we have in store for Year 13:

**Mental Health and Well-being Support:**

Ensuring your children are equipped to cope with the challenges ahead is paramount. Our school has a large support network in experienced and dedicated Form Tutors and support staff who provide a range of services to help students manage stress and maintain their mental well-being. If your child ever feels overwhelmed, please encourage them to reach out for assistance. We have a speaker visiting us next half term to talk about this directly with the students in a specifically designed session tackling some strategies on how to cope in difficult situations.

**Co-Curricular Activities:**

We strongly encourage your sons to get involved in co-curricular activities. These activities offer both a well-deserved break from studies and help build character, teamwork, and life skills. You may have seen in the news that companies are placing more importance on these key skills, alongside looking at academic achievement.

**Guest Speaker Session:**

In our Y13 Lecture Series and regular lunchtime talks, we often host special sessions with external speakers. We are excited to be hosting AYP (Action Your Potential) on Monday 16th October. They specialise in organisation and effective revision strategies, all based on research on how the brain works from a neuroscientific perspective. This session will provide valuable insights and practical tips for your sons to make the most of their study time. This also includes an online workshop session for parents. More information to follow!

**Interview Masterclass Workshops:**

We offer interview workshops to support all students, which will run in sessions over the next few months to help give the students practical experience. This is of course particularly relevant to those preparing for early university entrance. However, these workshops are designed to boost all our Y13 boys' confidence and readiness for future interviews.

We are committed to providing a nurturing and empowering environment for Year 13 students. Together, we can help them navigate this crucial year successfully. Please feel free to reach out to me or the school staff if you have any questions or concerns throughout the year. We value your partnership in your child's education journey.

Thank you for entrusting us with your sons' education and well-being. Here's to a productive and fulfilling Year 13!

Warm regards,  
**Suzan Byrd**  
Head of Year 13