

# QUEEN ELIZABETH'S GRAMMAR SCHOOL

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Headteacher: Mr S Garrity Chair of Governors: Mrs H Baker



29<sup>th</sup> January 2020

Dear Parent/Carer

## Wellbeing Workshops with Derwent Rural Counselling Service

QEGS and the QEGS FPTA are hosting six 'Wellbeing Workshops' with Derwent Rural Counselling Service and we would love to see you there. Each workshop has a different focus and the year groups listed are the 'target' groups of parents/carers that will benefit most from that event. Places are limited to 30 per session so please only attend those you are genuinely interested in getting advice on and only book in one parent/carers per family so that as many different families as possible can benefit.

You can submit questions via email in advance, which will be read out anonymously; place them in a box at the event; or, simply attend in order to hear the responses to the questions from other people.

In order to provide more of these events, we are charging a small entrance fee of £3.00 towards the cost of each event. This will go to the FPTA, which has funded these sessions and hopes to provide more in the future. A fortnight before each event, you can book your tickets on: <https://www.queenelizabeths.derbyshire.sch.uk/qegs-community/fpta/>

Please contact me, or a member of the Pastoral Team, if you have any issues with the payment, as we would never want someone to be excluded due to the price.

Should you have any questions or suggestions, do let me know.

Please see below for more information:

### Session 1- 12/02/2020, 6-7pm

**Venue:** Poppy Restaurant, Ex-Serviceman's Club, Market Place, Ashbourne

**Focus:** Managing Anxiety (Y7-13)

### Session 2 – 12/03/2020, 6-7pm

**Venue:** Q.E.G.S. Library (accessed via Main Reception)

**Focus:** Support for Parents/Carers of Students on the Autistic Spectrum (Y7-13)

### Session 3 – 22/04/2020, 6-7pm

**Venue:** Empire Hall, King Edward St, DE6 1BW

**Focus:** Supporting Students with Exam and Assessment Pressures (Y10-13)

### Session 4 – 12/05/2020, 6-7pm

**Venue:** Q.E.G.S. Library (accessed via Main Reception)

**Focus:** 'Positive Parenting': Managing the Transition to Young Adulthood (Y8-12)

### Session 5 – 03/06/2020, 6-7pm

**Venue:** Empire Hall, King Edward St, DE6 1BW

**Focus:** Living with Hormones: Anger, Mood Swings, Lack of Communication, Introversions (Y8-12)

### Session 6 – 01/07/2020, 6-7pm

**Venue:** Q.E.G.S. Main Hall

**Focus:** Supporting Your teenager to Build Resilience and Wellbeing (Y6-9)

Yours faithfully

Miss B Angris

**English - (Key Stage 5 Coordinator)**

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