

WELLBEING AND EMOTIONAL SUPPORT TEAMS

Parents online Workshop

**Helping your child
cope with the stress
of exams and tests.**

**Run by the NHS's
Wellbeing and
Emotional
Support in schools
team. (WEST)**

**On the 26th of March,
Online, on Teams:
From 12pm to 1pm**

Who is it for:

**Parents who want to
learn more about**

**Tips on how to
support your child.**

**How to plan for
exams and manage
the associated stress
and anxiety.**

Join on Teams

Meeting ID:

351 821 756 529 4

Passcode: dk92dc7j

