



St Antony's
Roman Catholic School

ASPIRE + BELIEVE + ACHIEVE

August 2021

Are you the parent or carer of a child who is expecting public exam results in early August? We can help!

At the Anna Freud Centre, we're aware that the pressures which students have faced this year have been considerable. For a young person, finally receiving your exam results can be a moment of celebration or it can bring huge disappointment. This year, the changes to how grades have been decided may add further uncertainty.

As their parent or carer, you will want to help your child through this period in a way which puts them first - so that, in time, they can look with confidence to the next stage of their lives. But while you support your child around results day, and stay in touch with their school, you may also want to reach out for independent advice. That's where we can help.

Our Schools team is pleased to offer free drop-in sessions to parents and carers whose children have received exam results in August. This applies particularly to parents and carers who:

- Are worried about their child's reaction to their results, and want time to reflect and work out how best to continue supporting them
- Have ongoing concerns about the wellbeing of their child and are aware that new strategies may be required
- Feel that their child managed results well, but want help in continuing to support them in the next stage of their education

The live sessions will be available online during the week following results days, from Monday 16 August to Thursday 19 August, with two sessions per day at 12.30pm and 4.30pm. They will be run by Anna Freud Centre experts who have a background in both education and mental health support, giving you some top tips on how best to support your child and the opportunity to ask questions.

To find out more, and to sign up for one of the free sessions: <https://www.annafreud.org/training/training-and-conferences-overview/online-conferences-webinars-and-events/free-workshops-for-parents-and-carers-following-exam-results/>