



19 April 2023

Dear Parent/Carer

Revise Smarter Not Harder

We are writing to inform you that your child has expressed an interest in partaking in the 'Revise Smarter Not Harder' workshops starting week commencing 24 April 2023.

What will the 'Revise Smarter Not Harder' workshops include?

- To enhance practical strategies to support effective revision for future examination periods.
- To implement the application of effective academic and study habits.
- To elicit an understanding of how to engage the brain to consolidate knowledge effectively.
- To acknowledge the role of stress and anxiety during demanding periods of one's life.
- To provide opportunities to learn and apply self-regulation techniques to support overall wellbeing during demanding periods.

Who is running the workshops?

- Mrs Francesca Davis – Wellbeing Mentor at Heanor Gate Spencer Academy
- Mr Kyle Davis – Psychology Teacher at Heanor Gate Spencer Academy

When will the workshops begin?

- The first introduction session for **all** students will be on **Thursday 27 April 2023 from 15.00-16.00**.
- The students will be split into group **A** and **B** during the initial introduction session and your child will be allocated to a group – please see the table below for when sessions will run for each group:-

GROUP A		GROUP B	
Thursday 27 April 2023 – 3pm-4pm - Introduction session			
Workshop sessions	Wellbeing sessions	Workshop sessions	Wellbeing sessions
04/05/23 – 15:00-16:00	10/05/23 – 15:00-16:00	11/05/23 – 15:00-16:00	17/05/23 – 15:00-16:00
18/05/23 – 15:00-16:00	24/05/23 – 15:00-16:00	25/05/23 – 15:00-16:00	07/06/23 – 15:00-16:00
08/06/23 – 15:00-16:00	14/06/23 – 15:00-16:00	15/06/23 – 15:00-16:00	21/06/23 – 15:00-16:00
22/06/23 – 15:00-16:00	28/06/23 – 15:00-16:00	29/06/23 – 15:00-16:00	05/07/23 – 15:00-16:00
06/07/23 – 15:00-16:00	12/07/23 – 15:00-16:00	13/07/23 – 15:00-16:00	12/07/23 – 15:00-16:00
20/07/23 – 15:00-16:00 – Reflection session			

Please login to ParentPay to give consent for your child to participate in these sessions by Tuesday 25 April 2023.

If you have any questions, concerns or wish to discuss the above please do not hesitate to get in touch: FrancescaDavis@heanorgatespencer.com

Yours sincerely

Francesca Davis
Wellbeing Mentor