

# Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

3 October 2024

Dear Families,

## Year 10 and Year 11 Exam Preparation Coffee Morning

We know that some of our young people can feel overwhelmed during exams. Examinations, by their nature, test resolve as well as academic learning. Parents are a vital part of student support, helping them regulate their feelings by making sure they eat and sleep properly, do not work too late and gain perspective.

As such, we are very pleased to invite the parents and carers of Year 10 and Year 11 students to a coffee morning at LPGS on Tuesday, 8 October, from 9:00-10:00am. This event will be held in collaboration with Bromley Y and our school's Mental Health Support Team (MHST). Our LPGS MHST practitioners, Sherine Dowdye and Sara Disalvo, will be giving a brief presentation on how you can support your child in preparing for assessment weeks, trial exams and navigating the public exam period. Additionally, LPGS staff will provide details about the upcoming trial exams and how they will resemble the public exam period in May-June of Year 11.

The coffee morning offers a valuable opportunity for parents and carers to visit the school, meet key staff members, and seek guidance on how to best support your child's revision and study habits at home, while also ensuring their wellbeing is maintained during this time.

Bromley Y is a local charity that has supported young people and families in Bromley for over fifty years, offering many services in relation to Mental Health and Emotional Wellbeing. Part of this service is known as the Mental Health Support Team and includes working closely with several schools across the borough. The MHST service provides a range of psycho-education interventions, live webinars, targeted group work, guided self-help, and advice for young people, as well as offering consultations with parents/carers and school professionals to support young people.

Each secondary school has its own named wellbeing practitioner working with the school Mental Health Leads and other professionals to promote a whole school approach to mental health and wellbeing.

For those unable to attend the coffee morning, we will record the presentation and share it with parents and carers, along with links to Bromley Y resources that may help support your child. To help us plan for the event, please complete the attendance form [here](#). If you cannot attend, kindly note a more suitable time, and we will consider your availability for future events.

Bromley Y have also provided some useful videos on how to help your teen manage exam stress (<https://bromley-y.org/video.html>). They also host useful webinars each month and you can find details through this link; <https://drive.google.com/file/d/1k5k9rGqWqnjm3cGexrq0MqUZKLWgX9fV/view>

Please note: The first Year 10 assessment window is **Monday 25 November to Friday 29 November**. There are two further assessment periods for Year 10; Monday 17 March to Friday 21 March and Monday 16 June to Friday 27 June.

Information for Year 10 families about the KS4 journey can be found on the Year 10 Parent Information Presentation [here](#).

Langley Park School for Girls, Hawksbrook Lane, South Eden Park Road, Beckenham, Kent BR3 3BE

Tel: 020 8639 5200 • [info@lpgs.bromley.sch.uk](mailto:info@lpgs.bromley.sch.uk) • [www.lpgs.bromley.sch.uk](http://www.lpgs.bromley.sch.uk)

Part of Impact Multi Academy Trust. Registered Office: Langley Park School for Girls, Hawksbrook Lane, South Eden Park Road, Beckenham, Kent BR3 3BE  
A company limited by guarantee registered in England and Wales with number 07697400



2022-2025



We wish every student success during this trial exam period and hope the effort they invest now will help lay strong foundations for the months ahead.

Yours faithfully,

**Mrs L Brown**  
**Head of Key Stage 4**