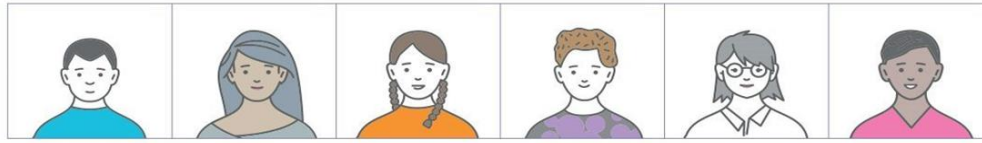


# HEALTHIER MINDS



## Supporting Young People through Exams

### Online Session for Parents and Carers

Monday, 28<sup>th</sup>, March 2022

6.30-7.30pm

East Renfrewshire Educational Psychology Service is delivering a one-hour session for parents and carers of young people across East Renfrewshire who will be sitting exams and completing National Qualifications in May and June of this year (pupils in S4, 5 and 6). The aim of the session will be to normalise the experiences and emotions of young people, as they juggle the demands of exams with the changes and disruption that they have experienced throughout the pandemic. There will also be an exploration of strategies to reduce anxiety levels, and a focus on how you can best support your child throughout this time. The session will also refer to our Healthier Minds website (<https://blogs.glowscotland.org.uk/er/healthierminds/>) and will involve input from teachers and other partners across East Renfrewshire who support young people's mental wellbeing.

If you would like to attend, please complete the registration form by the 21<sup>st</sup> March: <https://forms.office.com/r/ZJm0fK5hJ> You can also include any questions which you would like to be answered during the online session. Within the registration form, there is a brief questionnaire which asks your views about the impact of the Covid-19 pandemic on your child's educational experiences. We would be grateful if you could take a few minutes to complete this to let us know your views.

*We will contact you via email with the joining information for the session.*



Email: [ps@eastrenfrewshire.gov.uk](mailto:ps@eastrenfrewshire.gov.uk)

<https://blogs.glowscotland.org.uk/er/PsychologicalService/>

<https://blogs.glowscotland.org.uk/er/healthierminds/>