



ABINGDON

From: Mr D Wickes : Deputy Head Pastoral

24 February 2012

From Stress to Success – 9 March 2012 A workshop for Parents and Boys

Dear Parents,

Abingdon School is delighted to welcome back Jon Bockelmann-Evans, a Stress Management guru. In October he delivered a workshop to all teaching staff about simple practical things that they could do to help themselves deal with stress. (Did you know that stress related illness is the biggest cause of days off work in the UK?) The workshop was so well received by them that we immediately invited Jon back to perform a similar workshop for Upper School and 5th Year boys before the summer exam season. He has done this successfully in a number of other schools and always with parents working alongside their sons.

We felt that this was a perfect opportunity to invite you in to participate in the workshop with your sons. Accordingly Jon will be at the school on **Friday 9 March** delivering two identical sessions. The first will be from **17:30 to 19:00 in the Charles Maude Room**; the second will be in the same place from **19:30 to 21:00**.

Having spoken to both the Upper School and the 5th Year in assembly this week the response has been very positive. As space at the sessions will be limited we are asking if you could please fill out the form below if you would like to attend this excellent opportunity. Places will be allocated on a first come, first served basis so **please get the form back to me as soon as possible** to ensure that you can attend.

Yours sincerely,

David Wickes
Deputy Head Pastoral

From Stress to Success – 9 March 2012

Name

Son's Name

Tutor Group

Please will you reserve a space for my son and I at the Stress to Success evening. I would like to attend the session in the Charles Maude Room

(a) between 17:30 and 19:00

(b) between 19:30 and 21:00

Please tick as appropriate.

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