



9 November 2016

Stirling High School  
Torbex Farm Road  
Stirling FK8 2PA  
Tel. 01786 472451  
Website [www.stirlinghigh.co.uk](http://www.stirlinghigh.co.uk)  
E-mail [stirlinghs@glow.sch.uk](mailto:stirlinghs@glow.sch.uk)  
Twitter: [www.twitter.com/stirling\\_high](http://www.twitter.com/stirling_high)  
Headteacher: Paul Cassidy  
Stirling Council Chief Education Officer:  
Kevin Kelman



Dear Parent/Carer,

### **Helping Young People to Develop Study Skills and Achieve Their Full Potential In Exams**

An Information Evening for parents/carers of S4, S5 and S6 pupils will take place at Stirling High School on Tuesday 22<sup>nd</sup> November at 7pm. Pupils in S4,5 and 6 are also welcome to attend.

The format will be as follows:

#### **Session 1**

Welcome and introduction. (Approximately 15 minutes in the Assembly Hall)

#### **Session 2 Workshop Sessions**

Parents will be guided, in rotation, around 4 workshops designed to help parents/carers support young people as they prepare to undertake SQA examinations. Each workshop is scheduled to last approximately 20 minutes, a brief summary of workshop content is listed below:-

##### **Workshop 1 – Understanding and Dealing with Exam stress and Nerves**

David Murray our link Educational Psychologist explains how young people learn and how stress can manifest itself and affect young people as they progress throughout the senior phase. David will also suggest techniques which can be used to alleviate and manage stress.

##### **Workshop 2 – Successful Learners**

A panel of S6 pupils, who achieved excellent results in their Higher Exams last session, share the secrets of their success - what motivates them and techniques they use to help them learn. There will be an opportunity for Parents to ask this panel of young people about their first-hand experiences.

##### **Workshop 3 – How Can Parents and Teachers help?**

Facilitated by Mrs McLoughlan (DHT), this workshop provides practical advice to parents on how to help your child develop good study skills and insight into some of the resources/support offered by various departments across the school.

##### **Workshop 4 – Scholar**

Mike Falconer, Scholar Local Area Co-Ordinator, will provide information on how young people can access and utilise this on-line learning resource to achieve greater success in SQA exams.

Stirling High School is a community where we are committed to doing our best. We REACH out to support everyone through developing resilience, ethos, achievement, community and health. Our school aims create the support and environment for our young people to be the best that they can be.

To assist us with domestic arrangements we would be grateful if you could complete the tear off slip below and ask your child to return it to the school office. In addition, to ensure you receive this information, a copy of the letter will be issued electronically. If you prefer, rather than completing the tear off slip, you will be able to submit a response by activating the link below.

<https://goo.gl/forms/mSLskzbGlmsX01B92>

We hope you will find the information sessions helpful and look forward to welcoming you on this evening.

Yours sincerely

Mrs M McLoughlan  
Depute Headteacher