

HENDON SCHOOL

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'Learning Together Across the World'

2 October 2026

Dear Parents / Carers,

Parent Coffee Morning – Exam Stress

We are delighted to invite you to our next Parent Coffee Morning

Date: Friday 9 October

Time: 9:15am to 10:00am

Please join us for an informative morning focused on supporting your child through the exam season.

We are delighted to be joined by **Evie from BICTS**, who will share practical strategies for talking with young people about exam stress, helping them manage anxiety, build resilience, and approach their exams with confidence.

This is a great opportunity to gain useful advice, ask questions, and learn ways to support your child during this important time.

Please sign <https://forms.cloud.microsoft/e/TvUX3KRSE4> up or scan the QR code



Yours sincerely,

Christie J. Stolk

Christie Stolk
Office Manager