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Headteacher: Raj Mann

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Dear Parent/Carer,

Your child has been highlighted as someone who would benefit from an opportunity to take part in a new programme that the school has secured support with.

The programme is called Avision- Be at your Best.

Be At Your Best is specifically:

- For Under 25's
- For Those who live in the West Midlands

“Using proven Cognitive Behavioural Therapy (CBT) we provide specialised sessions focused on building inner confidence supporting individuals to overcome challenges including anxiety, paranoia, PTSD, stress, trauma, and depression. We specialise in transforming the way people think, so they can gain more control of their thoughts, feelings, and actions, so they may access a stable and positive state of mind. These transformative sessions are proven to instil positive change and build emotional resilience in a short space of time enabling individuals to make well informed decisions for themselves and their future.”

If you would like you child to take part in this programme, please return this letter giving consent.

If you would like to discuss this further, please don't hesitate to contact me.

Kind regards

Miss van Deventer

Head of Year 10