

Tolworth Girls' School & Sixth Form

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17 October 2022

Dear Parent/Carer

The Snapback Resilience Programme

Please find attached documents that will give you some information regarding the Snapback Resilience Programme that we will be running during tutorial with Year 7 after half term.

As part of our work with the local community, all students who take part in the Snapback Resilience Programme are invited to partake in research that helps to build our understanding of resilience, and how to best teach it to secondary school students. The research is run by The Kingston School Health Team. There is no obligation for you or your daughters to partake in the research, however it will help to improve our understanding of the effectiveness of the programme for Year 7 students across the borough.

If you and your daughter would like to participate in the research, please follow the instructions on the attached information sheets.

Yours faithfully

Mr S Garnham
Head of Year 7

