

Tolworth Girls' School & Sixth Form

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20 October 2022

Dear Parent/Carer

Whole School Curriculum Day - Friday 18 November 2022 Year 11 - Developing Maths Skills, Strategies and Mental Health Techniques

As part of the Whole School Curriculum Day, your daughter will spend half of the day in Maths where we will work through a past GCSE exam paper. The day will provide exposure to exam papers that will develop her reasoning and problem-solving skills. In addition, we will look at effective strategies to revise for Maths with the aim of developing personalised revision schedules in preparation for her GCSE mock exams.

During the second half of Whole School Curriculum Day, your daughter will learn mental health techniques to address exam anxiety through mindfulness, study tools, coping strategies and self-care. The day will prepare your daughter to address academic stressors, especially those during the GCSE period.

Students should arrive in school as normal for an 8.25am start in their school uniform and with their school equipment in a clear pencil case. They will register in their Tutor Groups in their usual Form Rooms. The Windmill Cafe will be open as usual for lunch and the day will finish at 2.55pm.

Should you have any questions, please do not hesitate to contact us.

We look forward to a fantastic day.

Yours faithfully

Miss H Abdule
Shared Director of Mathematics

Mr T Le Vay
Shared Director of Mathematics

Miss B Gregoretti
Lead Student Support
Worker/Mental Health
Lead



INVESTOR IN PEOPLE



Artsmark
Gold Award
Awarded by Arts
Council England

