



TORQUAY GIRLS' GRAMMAR SCHOOL

HEADTEACHER: DR N SMITH - MB BS

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15th April 2016

Dear Key Stage 4 (KS4) Parents

I hope this letter finds you well and that both you and your daughter have had some time to relax during the Easter holidays.

We are now two thirds of the way through the academic year and I have had a chance to reflect on my new role as Head of Upper School. My brief is to nurture our students through the transition from their GCSE years into A Levels, and to prepare and equip them with the skills that they will need to cope with life at university, in apprenticeships or the wider world of work.

Activities and tutorials that have supported this aim so far, with many more to become embedded within the four year programme, include working on economic well-being, training on how to develop independent study skills, self-defence sessions, relaxation techniques such as yoga, pilates and meditation, and building resilience using positive psychology.

The national increase in mental health issues amongst the young has rightly received significant press coverage recently. I would be grateful if you would spend a few moments reading Dr Smith's accompanying Well Beings pamphlet. This outlines our current programme to help prevent stress and to support girls where it becomes an issue.

We always welcome feedback regarding your daughter's experience at school and currently there are several ways in which you can do this; Parents' Evenings; Information Evenings; Surveys etc. However, in addition I would like to trial a new opportunity.

Each half-term I will be holding a Parents' Clinic where you will be invited to come in to talk to me about any aspect of the school or your daughter's experience of it. If there is a topic you would like to discuss, be it a suggestion for improvement, clarification of procedures, or an issue specific to your daughter then please feel free to book a session with me.

The first two sessions will be:

- Tuesday 26th April 2016, 1pm-3pm
- Tuesday 21st June 2016, 11am-1pm

Appointments can be made by emailing my PA, Mrs Horrocks on sixthformadmin@tggsacademy.org. If you can include any information regarding the topics that you would like to discuss, this would be helpful.

Yours faithfully

Mrs Sarah Colombini

Deputy Headteacher in charge of Upper School

Useful Dates for your diary:

- Please note that Friday 29th April is a non-pupil day.
- Half-term is Monday 30th May to Friday 3rd June.

