



Kings Langley School

Headteacher Mr David Fisher BSc (Hons) NPQH

Love Lane, Kings Langley,
Hertfordshire, WD4 9HN

T 01923 264504

E admin@kls.herts.sch.uk

www.kls.herts.sch.uk



2nd February 2023

Dear Parents/ Carer & Students,

Hertfordshire Partnership University NHS Foundation Trust will be running a **free online 'Managing Study Stress' webinar for students** who are aged 16+. The webinar offers insights into common triggers and symptoms of stress and provides guidance on cognitive and behavioural techniques which students can learn and use themselves to tackle these symptoms. These skills can be particularly helpful for students as they approach their exams.

The webinar will run on the following dates:

- **Wednesday 8th February 2023, 5:30 – 6:30pm**
- **Wednesday 15th March 2023, 5:30 – 6:30pm**

Please note this webinar is open to the public and those attending will be anonymous. **For more information and to register, go to: <https://www.hpft-iapt.nhs.uk/resources-and-self-help/webinars/managing-study-stress>**

Hertfordshire Partnership University NHS Foundation Trust (HPFT) provides access to talking therapy services in Hertfordshire and Mid Essex through a wide range of different treatments for adults with common mental health problems. The services are part of the national initiative Improving Access to Psychological Therapies (IAPT). [Click here to view our 'What is IAPT?' animation video.](#) For more information about our service, please visit: www.hpft-iapt.nhs.uk

Kind regards

Mrs Vicki Battaglia
Acting Head of Sixth Form Pastoral



Artsmark
Platinum Award
Awarded by Arts
Council England



School of
CHARACTER

ESU ORACY
AFFILIATE
SCHOOL

