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7 October 2016

Dear Parents

Over the coming weeks we would like to offer all students in Year 11 the opportunity to complete The Decider Course. The course provides 12 key skills which enable the girls to be proactive and reflective in managing their own mental health. The sessions will be taking place each Wednesday after school or Thursday lunchtime in two identical sessions, enabling each students to choose the most appropriate time for them to attend. Each session is presented in an interactive and hopefully fun way, but does not require any of the students to share personal experiences

If you would like any further information about The Decider life skills please go to www.thedecider.org.uk

Students can reserve a place on this 6 week course, which will start next Wednesday, by emailing s.leblancq@jcg.sch.je or n.hopkins@jcg.sch.je. Please indicate on your email the students name and whether they would like to attend the lunchtime session at 1.30 or the afternoon session at 3.30.

If you have any further questions please email either Miss Hopkins or myself. If demand for places is high, the course will be re-run again before Christmas.

We look forward to hearing from you.

Yours faithfully

Two handwritten signatures are present. The first is 'Sophie Le Blancq' in a cursive script. The second is a more stylized signature, likely 'Miss N Hopkins', also in cursive.

Mrs Sophie Le Blancq
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ELSA and Emotional Literacy Support Assistant
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Miss N Hopkins
Head of Key Stage 4
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