



Invitation: "Building Resilience in Your Child" Joint-Grammar School Evening at The Royal Grammar School (23rd Sept)

Dear Parents/Carers,

We are pleased to invite our parent community to a joint-school evening hosted at The Royal Grammar School, focused on supporting your child's emotional well-being and personal growth.

Event Details

- **Topic:** Building Resilience in Your Child
- **Speaker:** Abigail Hawkins (*Sensible SENCO*)
- **Date:** 23rd September
- **Time:** 7:30 PM
- **Venue:** The Royal Grammar School
- **Cost:** £5 per family (*If this cost presents a barrier, please feel free to contact pupilpremium@beaconsfieldhigh.school directly in confidence.*)

Navigating the academic and personal growth demands of grammar school life can bring unique pressures for young people. Developing resilience is essential to help students handle stress, bounce back from setbacks, and build long-term confidence. This is particularly important for our students with Special Educational Needs.

The host school is privileged to welcome **Abigail Hawkins**, founder of *Sensible SENCO* (<https://sensibleenco.org.uk/>). With 30 years of practical experience in Special Educational Needs (SEN), Abigail delivers grounded, realistic, and highly actionable advice. Her talk will focus on strategies parents can use at home to help children manage anxiety, reframe failure, and navigate academic pressures. Please note that this session is for parents and carers and not for students.

How to Book

Places are limited across the participating schools, so please reserve your family's spot by **18th September**:

1. **RSVP:** Email learning-support@beaconsfieldhigh.school to confirm your attendance.
2. **Payment:** Complete your £5.00 payment via SCOPAY (www.scopay.com/beaconsfield) under "RGS Resilience Talk".

We hope many of our families will take advantage of this fantastic joint-school event. A recording of the talk will be available after the event for those parents that sign up.

Yours faithfully,

Anna Lyczba
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