

# Blessed George Napier Catholic School and Sixth Form

A Youth Sport Trust Lead School for Inclusion

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Compassion

Respect

Truth

Service

Forgiveness



17 October 2019

Dear Parent/Guardian

As the year goes on and workload increases significantly for your child with exam preparation, revision, coursework and homework deadlines, some students will experience higher levels of stress and anxiety; this may well affect their ability to focus on work, either at school or home. As you already know, Parents' Evening is on 24 October 2019 from 4 pm – 6.30 pm.

During this evening, we have arranged for the CAMHS In-Reach team to be available for you and your child to drop in and discuss any worries you may have in connection with the above. CAMHS In-Reach is an NHS run, mental health and wellbeing service that targets children and adults, providing them with the right levels of support and strategies to help them overcome or reduce levels of stress, anxiety, anger and any other concerns they may have.

If you feel that your child may benefit from seeing CAMHS In-Reach, they will be available to talk to from 5 pm – 6.30 pm in the KS4 office located by the main entrance to the hall. No appointment is necessary.

For further information on CAMHS In-Reach, please visit:

<https://www.oxfordhealth.nhs.uk/news/oxfordshire-camhs-make-services-easier-to-access/>.

I look forward to seeing you on 24 October at the Year 11 Parents' Evening; this is an extremely important evening in the run-up to your child's exams in the summer.

As always, I thank you for your continued support.

Yours sincerely

Hamish Savania

Head of Year 11

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Principal: **Mr Fraser Long, B.Eng (Hons), MA.** [headteacher@bgn.oxon.sch.uk](mailto:headteacher@bgn.oxon.sch.uk)

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"The school's contribution to pupils' personal, spiritual, moral, social and cultural development is exemplary. Pupils go out of their way to do good things. They act as positive role models for younger children." **Ofsted, June 2017**