



Friday 11th October 2024

Dear Parents and Carers,

Weekly Update

It was pleasing to see so many parents/carers and students attending the Information Evenings yesterday. We hope that you found it useful. We know that a strong working relationship between school and home is a crucial foundation for success. If you need any further information or didn't get a chance to speak with us yesterday then please contact us:

- Miss Taylor, Head of Year 11: dtaylor@emmbrook.wokingham.sch.uk
- Mrs Panesar, Assistant Headteacher (Year 11): lpanesar@emmbrook.wokingham.sch.uk
- Mr Tichband, Head of Year 10: jtichband@emmbrook.wokingham.sch.uk
- Miss Fry (Assistant Headteacher (Year 10): efry@emmbrook.wokingham.sch.uk

Sixth Form Open Evening

Another reminder that we would love to see all Year 11 parents/carers and students at our Sixth Form Open Evening on Wednesday 16th October. It will start at 6.30pm in the hall with a talk from Mr Constable, our Head Students and me. Afterwards, there will be a chance for students and parents to talk with teachers and current students from the Sixth Form.

Our Sixth Form results last year rank us in the top 10% of Sixth Forms in the country and will be a match for any Sixth Form in the area when the league tables are published later in the year. Should you have any questions please contact us:

- Mr Constable (Head of Sixth Form) – dconstable@emmbrook.wokingham.sch.uk
- Mr Whitehouse (Assistant Headteacher) – pwhitehouse@emmbrook.wokingham.sch.uk

Senior Chamber Concert (for Year 9 and above)

A final reminder that the senior concert takes place on Tuesday 15th October at 7.00 pm in the hall. If you would like to attend, tickets can now be purchased via [SCOPAY](#) (£6 for adults or £3 for children/concessions). Refreshments will be available but please be aware we will only be able to accept cash payments.

Just One Tree

Another reminder that Friday 18th October will be a non-uniform day for [Just One Tree](#) as we attempt to become the school responsible for planting the highest number of trees in the country! Everyone is encouraged to wear something green on the day. Donations of £1 or more can be made via [SCOPAY](#). The tutor group that raises the most money collectively will be rewarded with the opportunity to plant their own tree here on our site.



Is Your Child Struggling with Anxiety or Low Mood?

We have increased our support for mental health issues young people commonly face through our partnership with Wokingham's Mental Health Support Team and Berkshire Healthcare NHS Foundation Trust.

Our new link practitioner is Rachael Neville and she will be delivering a range of evidence-based 1:1 interventions with young people focused on mild to moderate anxiety and low mood. These include:

- Worry management, to help manage worries and stress.
- Graded exposure, to help manage phobias.
- Brief behavioural activation, for those experiencing low mood.

Sessions are structured and informed by Cognitive Behaviour Therapy principles which means that students will gain an understanding of why their anxiety or low mood is continuing, and tools and techniques to manage it.



Information about how to refer, and a link to the form, is here: [How to access the service](#). We find that a joint referral approach ensures that the most comprehensive and relevant information is included.

If you have any questions, please speak to your child's Head of Year, Mrs Guinn (Director of Welfare) via squinn@emmbrook.wokingham.sch.uk or Mrs Woolfenden (Pastoral Welfare Manager) via swolfenden@emmbrook.wokingham.sch.uk.

Have a fantastic weekend!

Best wishes,

Nick McSweeney

Headteacher

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