



Bishop's Hatfield Girls' School

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26th February 2019

Dear Parents/Carers,

Following on from the findings of our recent wellbeing survey, it was identified that a number of our Year 11 pupils would like more support and guidance regarding stress management. With this in mind, we are pleased to say that Jade Saffer from The Holistic Teen Coach will be running a stress management workshop for both the 11W and 11O English groups (which your daughter is a class member of) on Friday 8th March during periods 1 and 2, when the girls would usually have Core PE.

Jade will work with the girls to help them become aware of their physical responses to stress and help to identify possible triggers. The girls will also explore coping and management strategies.

Jade runs workshops for young people, schools and other organisations, such as the YMCA. Jade is an established mentor for young people at Mosaic and the Youth Charity Off Centre in Hackney, with valuable experience at the Priory. Jade is a regular columnist for the Holistic Therapist Magazine, coaching readers on issues facing today's youth. She holds a Mastery Diploma in NLP Hypnotherapy and Coaching and is trained in EFT (Emotional Freedom Techniques). She uses a combination of these skills to facilitate lasting change with the people she works with. Further information can be found here at

<http://theholisticteencoach.com>.

We hope this will be a useful and valuable session for your daughter. If you have any questions or would like to know more, please contact Miss S Lawrence, our Mental Health Lead at

slawrence@bishophatfield.herts.sch.uk.

Yours sincerely,

M Jackson

S Lawrence

Assistant Headteacher

Mental Health Lead

"This is an OUTSTANDING school" - Ofsted 2016

