

# Education and well-being clinics (for KS3, 4 and 5 students).



The Telford and Wrekin Virtual School are excited to offer a range of education and well-being clinics to help support students and carers through secondary and post-16 education—all via Microsoft Teams!

We have put into a place a 1hr session for young people during which the focus will be on either well-being, goal mapping, exam busters or mind mapping. Each session will be focused on a different area to help young people either:

- ⇒ Navigate their own mental well-being
- ⇒ With revision strategies such as mind mapping and exam techniques/tips
- ⇒ Goal mapping—a chance to discuss your goals/ideas and work out how you can achieve those!

There will then be an additional session from 5:15pm to give Carers an opportunity to ask questions and to find out how they can support. The timetable for the clinics is outlined below, if you would like to sign up, please do so via email to: [virtuelschool@telford.gov.uk](mailto:virtuelschool@telford.gov.uk) by **Wednesday 23rd March 2022**.

Date	4:00pm – 5:00pm (young people)	5:00pm – 5:15pm	5:15pm – 6:00pm (carers)
<b>Monday</b> <b>28/03/2022</b>	KS4 Goal Mapping	Coffee break	How you can support, and general Q and A
<b>Monday</b> <b>4/04/2022</b>	KS3,KS4 & KS5 Wellbeing	Coffee break	How you can support, and general Q and A
<b>Monday</b> <b>25/04/2022</b>	KS4 Mind Mapping	Coffee break	How you can support, and general Q and A
<b>Tuesday</b> <b>03/052022</b>	KS4 Exam Busters	Coffee break	How you can support, and general Q and A

