



29 January 2021

Dear Parent(s)/Carer(s)

**Talk by Alicia Drummond on “Worry, Stress & Anxiety” 4<sup>th</sup> February**

I would like to invite you to a talk by author, Alicia Drummond (<https://www.teentips.co.uk/>) on “Worry, Stress and Anxiety”. The talk will last about 60 minutes and there will be an opportunity to ask Alicia questions at the end of her talk. We have been very fortunate to secure a date for Alicia to deliver this remotely to St Olave’s as her talks to teaching staff and parents/carers are extremely popular.

Alicia’s talk gives a positive and practical guide to understanding the concerns experienced by young people in these current times. Her talk gives you the tools and confidence to set your teens up to be successful despite their unhelpful brain wiring, drive for independence and peer pressure. Alicia will be talking to Year 11 about anxiety earlier on in the day.

You are invited to a Zoom webinar:

When: Feb 4, 2021 06:00 PM London

Topic: St Olaves Parents - Worry, Stress & Anxiety

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_1QFO5mbvTx20XtILvzGq4A](https://us02web.zoom.us/webinar/register/WN_1QFO5mbvTx20XtILvzGq4A)

Parents and students from all year groups are welcome to attend.

Yours faithfully

Rochelle Maxwell  
Assistant Headteacher