



**28 March 2025**

Dear Parent/Carer,

**SQA Briefing for Parents and Carers – Thursday 17 April 2025 at 5pm**

This year, we would like to offer parents and carers an SQA exams ‘Frequently Asked Questions’ opportunity by holding a short SQA briefing. COVID, and COVID recovery, has brought about many changes to how SQA exams have been organised and conducted over recent years, and I am sure that SQA exams nowadays appear very different to your own school exam experiences.

If you have any questions about this year’s SQA exam diet or results day, or just want to know more about the qualifications structure in Scotland and what this means for your child, then please join me for this informal session. Our school’s SQA co-ordinators and Depute Headteacher - Mrs Ross - will also be on hand.

**The session will be held online via Microsoft Teams on Thursday 17 April 2025 at 5pm**

You can join us by following this link: [SQA Parent Briefing](#)

You can also join using the Meeting ID: 383 809 932 193 and Passcode: C8Yh67xW directly on Microsoft Teams.

As shared in our end of term newsletter <https://sway.cloud.microsoft/S9H4EsJDqcAqzbOg?ref=Link> there are very helpful resources from CAMHS (NHS Tayside) on managing exam stress. The series covers what happens in our brain and our body when we feel stressed and gives top tips for managing stress to help us cope and not become overwhelmed.

- Part 1 - <https://youtu.be/467K2e3Zo18>
- Part 2 - [https://youtu.be/Yld\\_CBKYJ9Q](https://youtu.be/Yld_CBKYJ9Q)
- Part 3 - [https://youtu.be/PYB\\_wFxeYms](https://youtu.be/PYB_wFxeYms)

I do hope you find this opportunity and information helpful in supporting your child through this year’s SQA exams.

Yours faithfully,

**Mr H McAninch**  
Headteacher