



**The Priory School**

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Dear Parents and Carers,

We have been approached by a Trainee Educational Psychologist at UCL Institute of Education, who we would like to support by agreeing that the school take part in a study on adolescents' mindsets about their emotions and how these mindsets affect how they cope with anxiety.

The Psychologist wishes to get the perspectives of as many Year 9, 10, and 11 students as possible in a 10-minute online questionnaire. Following the questionnaire, a small number will be invited to a short telephone interview.

By agreeing for our students to participate in the study we will have free access to a short presentation or a leaflet for staff, students and parents at the end of the school year with information on **how to support students' mental health in school, based on the study findings**. Please see more info attached.

If you are happy for your child to participate in this research, please visit the below link for information about the study and consent:

[https://uclioe.eu.qualtrics.com/jfe/form/SV\\_eJ1oUdX10nqbozP](https://uclioe.eu.qualtrics.com/jfe/form/SV_eJ1oUdX10nqbozP).

I know this is a busy period for you, but we do feel that now, more than ever, mental health in school is extremely important and your child's contribution is invaluable for advancing knowledge and support for adolescent mental health.

Do please get in touch if there are any questions [info@tpstrust.co.uk](mailto:info@tpstrust.co.uk).

Yours sincerely

Mrs A Pope  
**Headteacher**