



MINISTRY OF EDUCATION
STUDENT SUPPORT SERVICES DIVISION
VICTORIA EDUCATION DISTRICT
18-24 Sutton Street
San Fernando
Telephone: 653-6235

Dawsher Charles
Managing Director & Founder
Survival Scholars
Corner Beaulieu Avenue & Trincity Boulevard,
Tacarigua

Dear Ms Charles, we hope this letter finds you well.

On behalf of the Guidance and Counselling Unit of Victoria Primary, Ms. Colleen Browne and Ms Suelyn Austin-Parris, would like to extend our heartfelt thanks for the informative and engaging exam de-stressing workshop you conducted at several of our schools with our Standard 5 students in the weeks leading up to the assessment.

Your workshop was well-structured and covered a range of effective techniques and strategies to manage stress during exams. The feedback has been overwhelmingly positive; students, teachers and principals alike were very appreciative of the sessions. Your expertise and the interactive format made the sessions both enjoyable and highly beneficial for our students. They were thoroughly engaged in the puppet making, role-playing and exercise (Zumba & Yoga) aspects of the workshop. This new experience was rated by students as being effective in helping reduce their stress and anxiety levels with the administrations of the schools visited, already requesting that the experience be repeated with the upcoming Standard 5 classes.

We especially appreciated the personalized approach of your work, which demonstrated your deep understanding of the pressures students face. Thank you once again for your time and dedication as your programme complemented and enhanced what we do with our Standard 5 students as they prepare to write the Secondary Entrance Assessment.

We look forward to the possibility of collaborating with you in the future on more such workshops.

Ms. Colleen Browne
Guidance Officer 1

Ms. Suelyn Austin-Parris
Guidance Officer 1