CFGS6

ASPIRE BELIEVE ACHIEVE

Headteacher: Ms C. Prince

25-33 Bow Road, London, E3 2AE
Tel: 020 8981 1131
Email: welcome@central.towerhamlets.sch.uk

www.cfgs.co.uk

18th June 2026

Dear Parents and Carers,

As we reach the end of another academic year, I wanted to take this opportunity to congratulate both you and your daughter on successfully completing her studies at CFGS6.

The past two years have been a remarkable journey. Throughout their time with us, our Year 13 students have demonstrated exceptional determination, resilience, creativity and maturity. In recent weeks, as they approached and completed their A Level and vocational examinations, we have been incredibly proud of the way they have conducted themselves. They have embraced challenges, overcome setbacks, supported one another, and shown a level of commitment that reflects the very best of the CFGS6 community.

Whilst examinations may now be over, the journey is far from complete. The next two months represent an important period of transition. It is a time for our young people to recoup, repair and prepare for the exciting opportunities that lie ahead. Whether your daughter is progressing to university, an apprenticeship, employment, further training, or exploring alternative pathways, this next chapter will undoubtedly bring new experiences, opportunities and responsibilities.

For many students, this period can be both exciting and daunting. The anticipation of results, decisions about future destinations, and the transition into adulthood can bring a range of emotions. We would therefore encourage both parents and students to make use of the excellent resources available to support them over the summer months.

Websites

- UCAS Parent and Results Day Guidance
- The Parents' Guide to Results Day
- National Careers Service
- Supporting Mental Health during Results season
- Webinar Supporting A Level results day
- Clearing 2026 - Complete University Guide
- Save the Student - Saving money and short term employment
- University Essentials for Freshers
- Amazing Apprenticeships Parent Zone
- Muslim Youth Helpline
- Anna Freud Centre
- NHS Every Mind Matters
- Mental Health Support – For UK University Students | Student Minds

CFGS6
ASPIRE BELIEVE ACHIEVE

Headteacher: Ms C. Prince
25-33 Bow Road, London, E3 2AE
Tel: 020 8981 1131
Email: welcome@central.towerhamlets.sch.uk
www.cfgs.co.uk

Books

- *The Teenage Brain* – Frances E. Jensen
- *How to Raise an Adult* – Julie Lythcott-Haims
- *The Parent's Guide to University* – Jane Thynne
- *The Self-Driven Child* – William Stixrud and Ned Johnson
- *The Anxiety Survival Guide for Teens* – Jennifer Shannon

Podcasts

- The Parents' Guide Podcast (Results Day episodes)
- Freshers Guide Podcast
- Early Careers Podcast | Jack & Ollie Show - Podcast - Apple Podcasts

Videos

- UCAS Results Day Guidance
- Clearing Process Outlined
- Alternative Pathways from HE
- How to prepare for Uni?

Although your daughter has now completed her studies, please remember that CFGS6 remains here to support both students and families. We recognise that the transition beyond sixth form can raise questions and concerns, and we are committed to helping our students navigate this important stage successfully.

Further communication regarding Results Day arrangements, timings, support services, UCAS, Clearing and post-results guidance will be circulated to families in mid-July.

On behalf of the entire CFGS6 team, thank you for the trust, encouragement and partnership you have shown throughout your daughter's time with us. It has been a privilege to support her journey. Information regarding results day will be shared with all families in due course.

We wish all of our Year 13 students a restful, enjoyable and well-deserved summer, and we look forward to celebrating their achievements with them in August.

Best wishes,

Mrs K Richards

Director of CFGS6