

Wellbeing Wednesday

Dear Parents, Carers & Families

We hope this message finds you well and that you and your family had a fabulous break over the holiday.



As we enter the summer term we welcome the sunnier weather and longer days but also remember that this term brings examinations and assessments for our students. Our aim is to make our students confident in how to revise and prepare for assessments at home whilst being mindful about their wellbeing. We recognise that young people learn best when they are mentally and physically healthy and therefore we wish to support our students in being resilient and able to take ownership of this area of their lives.

We have discussed some top tips regarding wellbeing during exams with students this week, which included:

- 1. Finding a balance between work and relaxation**
- 2. Staying connected to friends**
- 3. Being organised**
- 4. Establishing a study area which ideally is away from their bedroom**

The Young Minds website has some great advice for students who suffer with exam stress and anxiety and also some advice for parents and carers:

<https://youngminds.org.uk/blog/exam-results-stress-advice-for-parents/>

As ever, please contact us should you need any extra advice or support with your child's wellbeing.

**Take care and stay well,
Mrs George and the Wellbeing Team**