

Wellbeing Wednesday

Dear Parents, Carers & Families

This week, as many of our students are sitting exams, we are focusing on how to look after wellbeing the night and morning before the exam. Our top tips include:



- Revising in short 'chunks' and not doing too much
- Eating a healthy evening meal
- Getting a good night's sleep
- Eating a healthy breakfast
- Checking bags for equipment the night before
- Checking the time and location of the exam
- Trying 'left nostril breathing' for nerves
- Bringing a water bottle to keep hydrated

We appreciate that many students experience anxiety during exam season. Further tips can be found here:

<https://youngminds.org.uk/media/2987/staying-well-during-revision-and-exams.pdf>

As always, we are here if you need any support with wellbeing.

Take care

Mrs George and the Wellbeing Team

