



Thursday 16<sup>th</sup> January 2025

## Support and Mindfulness

Dear Parents/Carers,

As the mocks move closer and the real exams are only 5 months away, we understand that pupils may be starting to feel the pressure. Revision and exams can be a challenging period in any child's journey, as well as for you as parents and carers. These feelings are normal, but it is something that, as individuals, we learn to manage and cope with.

We want to support our pupils to be successful and do their absolute best during this time. We have found some simple yet effective ways to ease this stress. Below is a list of useful websites that have some great tips and advice for pupils and parents on how to manage exam periods.

**NHS:**

[Help your child beat exam stress - NHS](#)

**Health For Teens;**

<https://www.healthforteens.co.uk/feelings/exam-stress/>

**MIND;**

<https://www.mind.org.uk/for-young-people/feelings-and-experiences/tips-for-coping-with-exam-stress/#DuringExamPeriod>

**Young Minds;**

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/#Revisiontips>

**The Mix:**

[https://www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html?gad\\_source=1&gclid=EAlaIqobChMI4dbG8rzbiQMVzY1QBh1AHBdxEAMYASAAEgIIPfD\\_BwE](https://www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html?gad_source=1&gclid=EAlaIqobChMI4dbG8rzbiQMVzY1QBh1AHBdxEAMYASAAEgIIPfD_BwE)

**Calm Zone;**

<https://www.thecalmzone.net/guides/exam-stress?>

We hope you find the above links helpful, however if you would like to talk to someone in school, please do contact the pastoral team or your child's form tutor.

Kind regards

The Year 11 Pastoral team - [year11pastoral@wootton.beds.sch.uk](mailto:year11pastoral@wootton.beds.sch.uk)