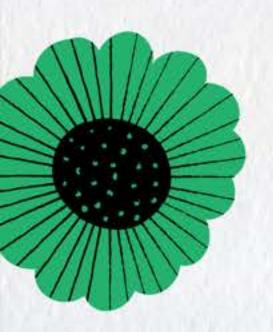
How to

# MAINTAIN A SENSE OF WELLBEING WHILST GOING THROUGH GCSE'S









# ACCEPT THAT IT'S STRESSFUL...





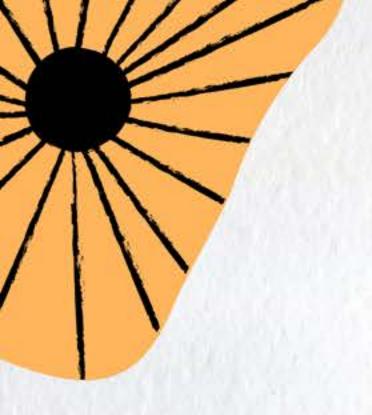
#### **THEM**

- · worry a lot
- · feel tense
- have headaches and stomach pains
- not sleep well
- be irritable
- . lose interest in food or eat more than normal
- · not enjoy activities they previously enjoyed
- be negative and have a low mood
- · feel hopeless about the future

#### YOU



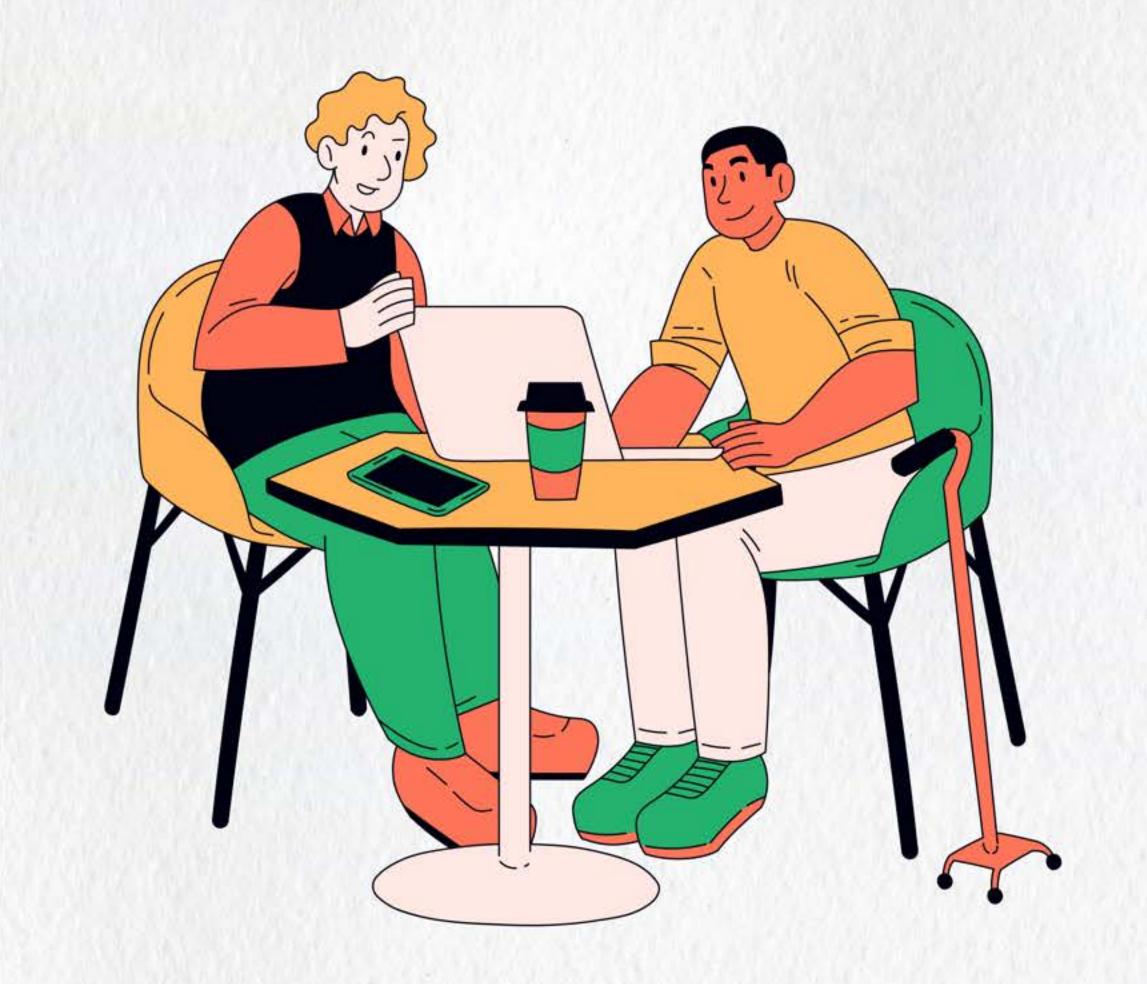




## SLEEP



Cannot be underestimated, the number one requirement for managing the exam period well.....no revision after 22:00, but to be honest I'd rather this was 21:00. The data about this one is clear, tired students will perform significantly worse in exams and there is a negative correlation between staying up late to revise and actual performance.



#### EAT

OBVIOUSLY HEALTHY IS GOOD!
ATTEMPT TO KEEP IT BALANCED, THEY
WILL TRY TO PACK IN AS MUCH SUGAR
AS POSSIBLE WHICH CREATES ISSUES
WITH CONSISTENCY AS THEY ARE
CONSTANTLY PEAKING AND
CRASHING.

SNACKS ON SNACKS...

MAKE THEM EAT BREAKFAST.

MAKE TIME FOR MEALS, THEY PROVIDE AN IDEAL BREAK.



### SPACE

USE A DEFINED AREA, MAKE
SURE IT IS REALLY
COMFORTABLE.

IDEALLY NOT IN THEIR
BEDROOM, THIS SHOULD BE A
REFUGE.

EMBRACE CHAOS IF NEEDED
BUT ENSURE THERE IS A
SYSTEM.

### GET UPTO SPEED

FOR EVERY EXAM THEY ARE
DOING THERE WILL BE AN
OVERVIEW OF WHAT THEY ARE
LEARNING WITHIN THE
SPECIFICATION ONLINE.
FAMILIARISE YOURSELF WITH
THIS. EVEN IF YOU DON'T KNOW
ALL THE CONTENT HAVING AN
IDEA OF WHAT WILL BE TESTED
WILL BE A HELP.





#### ROUTINE

STRESSED, HORMONAL
TEENAGERS ARE CHAOTIC,
EVEN IF THEY SET A
ROUTINE THEY ARE GOING
TO NEED YOUR HELP TO
STICK TO IT. CREATE A
WEEKLY PLAN TOGETHER
THAT YOU BOTH AGREE
ON.



#### BE PRESENT

**DURING REVISION YOU ARE** THE FACILITATOR! BRING DRINKS, SORT SNACKS, PROVIDE BACKGROUND MUSIC, SHOULDER MASSAGES...TRY NOT TO BE TOO CONTROLLING AT THIS POINT. HELP THEM TO EXECUTE THE PLANS YOU'VE MADE. DO CHECK IN AND SIT QUIETLY BESIDE THEM SO THEY CAN DECOMPRESS OR GET YOU TO TEST THEM IF THEY WANT.

#### BE FLEXIBLE







#### DOING OTHER STUFF

EXERCISE IS CRUCIAL, GET THEM OUT DOING STUFF. THEY WILL NEED THAT BREAK AND PHYSICAL EXERTION WILL HELP THEM OVERALL.

ALSO ENFORCE BREAKS, LET THEM RELAX AND WATCH SOME TRASH TV OR PLAY SOME VIDEO GAMES. THAT OUTLET IS INVALUABLE.

TREAT THEM....THIS WHOLE PERIOD IS GOING TO BE ALOT SO GET THEM A STARBUCKS OR BUY THEM THEIR FAVOURITE CHOCOLATE BAR.

ANYTHING THAT SHOWS THEM YOU APPRECIATE THEIR EFFORTS.



## DIRECT CONTACT

IF YOUR CHILD IS CONCERNED ABOUT A PARTICULAR AREA THEN NUDGE THEM TO SPEAK TO THE TEACHER DIRECTLY, IF THEY CAN'T DO THAT THEN THEY CAN SPEAK TO ME OR MRS CAIG AND WE CAN FOLLOW IT UP.

IF YOU HAVE A QUESTION THEN SIMILARLY PLEASE CALL OR EMAIL THAT MEMBER OF STAFF
TO DISCUSS IT.

THIS IS NOT A TIME FOR WAITING OR PROCRASTINATING. A THOUGHT WITHOUT ACTION IS MERELY A DREAM AND WE ACHIEVE NOTHING IN THIS WAY.

# THANKS FOR LISTENING



