

## Safeguarding Snapshot - 27.11.24

### Managing your child's exam stress

As we approach the upcoming trial exam period for KS4 and KS5, we understand that this can be a stressful time for both students and their families. Exams are an important part of a student's academic journey, but it's essential to remember that stress, while natural, can be managed in ways that promote well-being and academic success.

We would like to take this opportunity to offer some suggestions for how you can help your child navigate this stressful time and support their mental and emotional health during the exam period. Whilst this is relevant for KS4 and KS5 now, these tips will be beneficial for children across all age groups.

1. **Create a Calm Study Environment:** Help your child establish a quiet, well-organised space to study. A calm environment can improve focus and reduce distractions.
2. **Encourage Healthy Routines:** Ensure that your child gets enough rest, maintains a balanced diet, and incorporates physical activity into their routine. Proper sleep and exercise are crucial for both physical and mental health.
3. **Promote Time Management:** Encourage your child to break down study sessions into manageable tasks and take regular breaks. This can reduce feelings of being overwhelmed and help improve retention.
4. **Stay Positive and Supportive:** Remind your child that exams are just one part of their educational experience. Offer positive reinforcement and reassure them that it's okay to ask for help when needed.
5. **Practice Relaxation Techniques:** Encourage your child to engage in relaxation practices, such as deep breathing exercises, mindfulness, or a short walk outside, to help reduce anxiety and clear their mind.
6. **Be Attuned to Their Needs:** If your child seems unusually stressed or anxious, let them know that it's okay to talk. Being a compassionate listener can make a big difference in how they manage their emotions.

If you are concerned about your child please contact their Year Leader in the first instance via the school office [office@vynersschool.org.uk](mailto:office@vynersschool.org.uk).

#### Further resources

For parents:

- [Place2Be- Guide to help parents support their children](#)
- [Young Minds- A parent's guide to support with exams](#)
- [NHS- Help your child beat exam stress](#)

For students:

- [Young Minds- Coping with exam stress](#)
- [Mind- Exam stress](#)