

# Well-being guidance

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# School and home working together

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- First few exams are the most difficult
- (staff are always there before the students go into the exam and we also wait outside at the end of the exam-for support)
- Students settle after their first exam and often feel much better
- Subject leaders are available to wish their students good luck etc at the beginning of the exam and at the end.
- Invigilators-helpful and experienced members of staff who warm and welcoming before the exams, during the exams and after

# Being positive

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- 'Can do' attitude
- If adults worry, the children worry and are less productive and more anxious
- Give positive reinforcement
- Help with organising exam schedule.



# Keeping Active

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- Encourage them to keep active on a daily basis.
- Plan and do active things together as it will reduce anxiety
- Go out for fresh air
- Help make a study schedule for evenings and weekends.



# Eating and sleep

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- Encourage your child to eat breakfast, lunch and dinner as this will improve concentration.
- Discourage sugary snacks/drinks before revision/exams.
- **Sleep** – you should be getting on average 8 hours sleep a night.
- This supports with your long term memory and will also improve concentration.



# Unplugging

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- Phones
- Work out a schedule with your child
- Use phone time as a reward

