



# Parent's Information Evening – Exam Stress and methods of support

Mrs Dixit

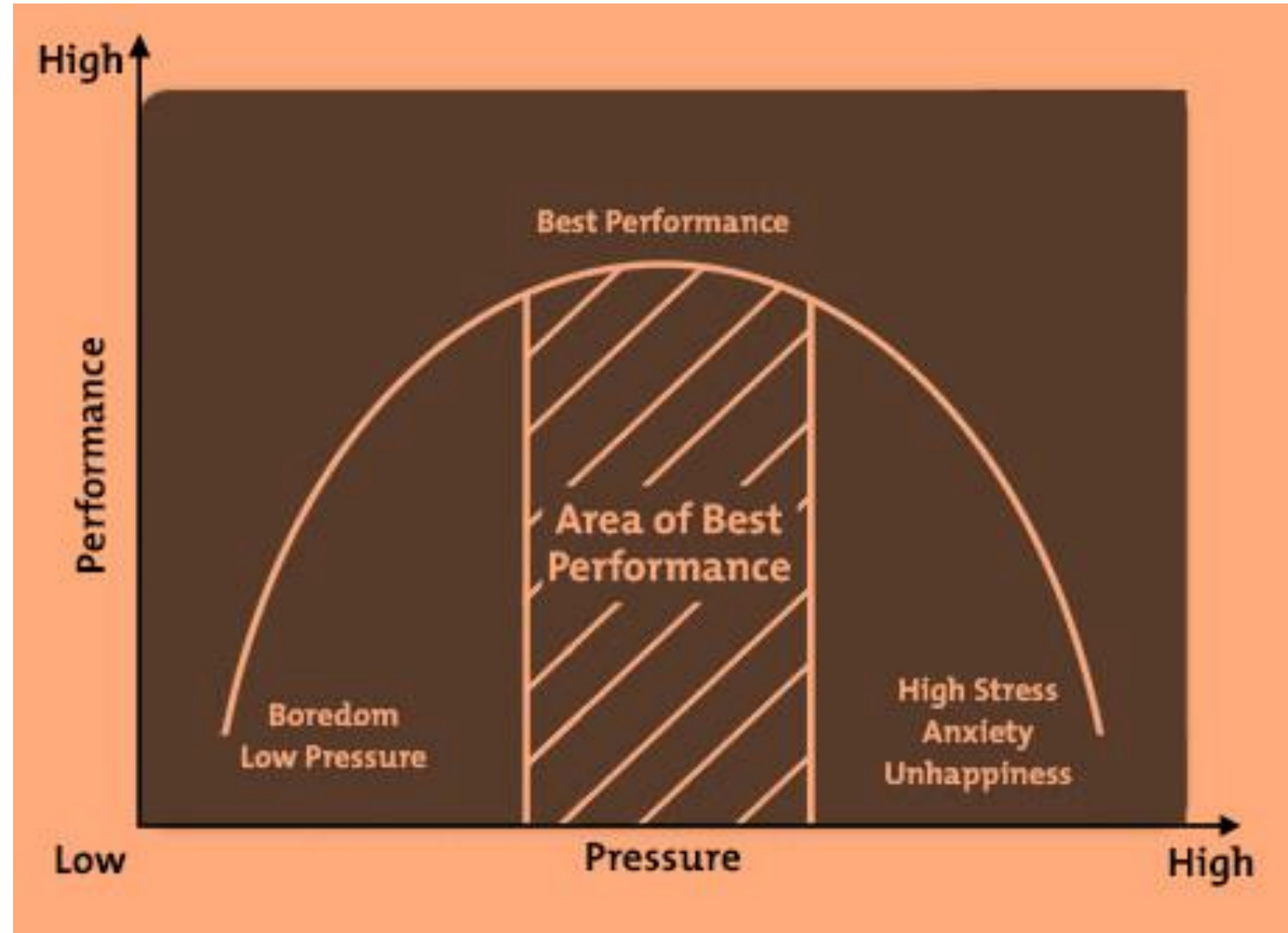
Miss Perrin – Head of PSHRE

## Start: 6.30pm

**Session slides will be available on our website after this evening**

# How can stress affect us?

Increases our  
performance up to a  
point.



# What can add to our stress?

Decisions about  
the future

Relationships  
with friends

Exams

Grades

School work

Environment

News/politics

Social media

Fitting in

# How might you know our child is stressed?

There are many different ways in which teenagers show that they are feeling stressed.

Some could include

- Feelings of anxiousness
- Easily annoyed
- Lack of self-confidence

Not so obvious

- Headaches
- Lack of energy

# What your child needs:

- 1) Encouraging independent coping mechanisms
- 2) Consistent, stable adults in their lives and the strategies we can use to help them
- 3) Working in partnership with the school and what we can offer
- 4) Ask them what they need, each child is different and having your support means a lot.

# Independent Coping Mechanisms

- 1) Mindfulness and meditation  
*(taught in Learning for Life)*
- 2) Positivity
- 3) Journals
- 4) Strong support groups
- 5) Revision timetables and lists  
*(with both our support)*

# Ways to support at home

## 1) Building positive habits – The Aeros Way

These are simple things that we as caregivers which children can ignore when they feel overwhelmed. We can build this into their revision timetables to remind them:

- **A is for Appetite**
- **E is for Exercise**
- **R is for Relaxation**
- **O is for Organisation**
- **S is for Sleep**

# Ways to support at home

## 2) Open channel of communication about their thoughts and feelings

- Try to have conversations while partaking in another activity such as walking, or cooking. Being side by side rather than face to face.
- Lower our tones of voice and speak slightly slower to allow children time to process what it is we are saying
- Encourage them to discuss what it is **they** want to achieve. If they ever start to struggle with motivation, gently remind them of their goals. It might even be nice to have this written down somewhere for them.
- Encourage conversations about their feelings and ensure they know their feelings are valid and home is a safe space. Try not to shut them down or compare their feelings to a situation you might have been in, instead acknowledge them and ask how you can help.



## Ways to support at home

### 3) Space to work and a space to relax

- Space to work: doesn't need to be at home, could be in the local library or at school. But this space should have no distractions, a method of telling the time, a writing surface at a good height and a chair.
- Space to relax: no matter how small, it could be their beds or a place on the sofa which is completely work free. This should be agreed with your child.

### 4) Reflection

- Mini successes: ask your child at the end of the day to come up with a mini-achievement, praise them genuinely and encourage their pride.
- If it has been a day of struggles, praise them for acknowledging it and encourage them to create a target to make tomorrow better.

## Ways to support at home

### 5) Offer support – revision techniques

#### Goal free tasks

*A good tool if children have gone into a tailspin!*

- Encourage a general discussion on the topic at hand rather than focusing on an answer.
- You could try asking them to draw something related to the topic, or coming up with a related story.

#### Teaching another person

- One of the best ways to better understand a topic is to teach another. Have your child teach a sibling, or adult in your household. See if they could do a fun mini presentation on it

# Partnership with the school

- Learning for Life lessons
- Learning to Learn session on revision techniques
- Our fantastic pastoral team
- Access to past wellbeing sessions on a Google drive
- Homework clubs, breakfast clubs and support sessions
- Quiet spaces to revise such as the library during term time

[Monday-Thursday: 9.15am – 5.00pm, Friday: 9.15am – 4.30pm]

## Partnership with the school – Subject Specific

- Google classroom for pupils to interact with each other and with teachers in a low stress environment
- Pupils can come to see their subject teachers during free time
- Closer to the exams we do sessions on exam techniques in subject lessons
- Targets are clearly set for pupils giving them places to focus on
- The reports give a small space for parents/guardians to understand where their child needs support.

**If you have any comments or queries on the Learning for Life Curriculum, please follow this QR code.**



**This is a joint venture, and we really appreciate all the support you continue to provide towards this new subject.**

**Thank you!**