

# Preparing for the Year Ahead

Wellbeing is just as important as revision



# What can pupils do?

Before the exams

**“However tough it may seem, they’ll be over before you know it.”**

- 1) **Be organised and prepared** – the more confident you are, the less stressed you will be
- 2) **Manage your time** – create a realistic timetable, use The Memory Clock
- 3) **Surround yourself with positive people** – support each other, it shouldn’t be a choice
- 4) **Look after yourself** – eat healthily, stay hydrated, do some exercise and get 8 hours sleep
- 5) **Take breaks** – from revision, from your phone, from social media



# What can pupils do?

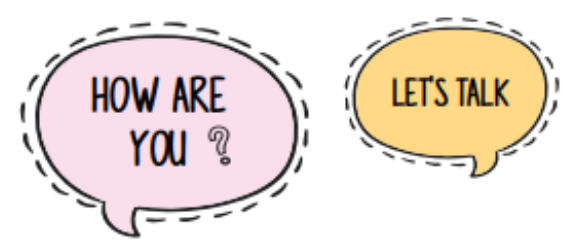
**“However tough it may seem, they’ll be over before you know it.”**

During and After the exams

- 1) **Manage your stress** – try breathing and mindfulness exercises to stay calm
- 2) **Read the question and don’t panic** – if you can’t answer it or your mind “goes blank” try another question
- 3) **Stay in control** – plan your answers and your time
- 4) **Keep things in perspective** – Remember that there is life after exams
- 5) **Keep the end goal in mind** – work hard, it will pay off and you will get a great sense of achievement



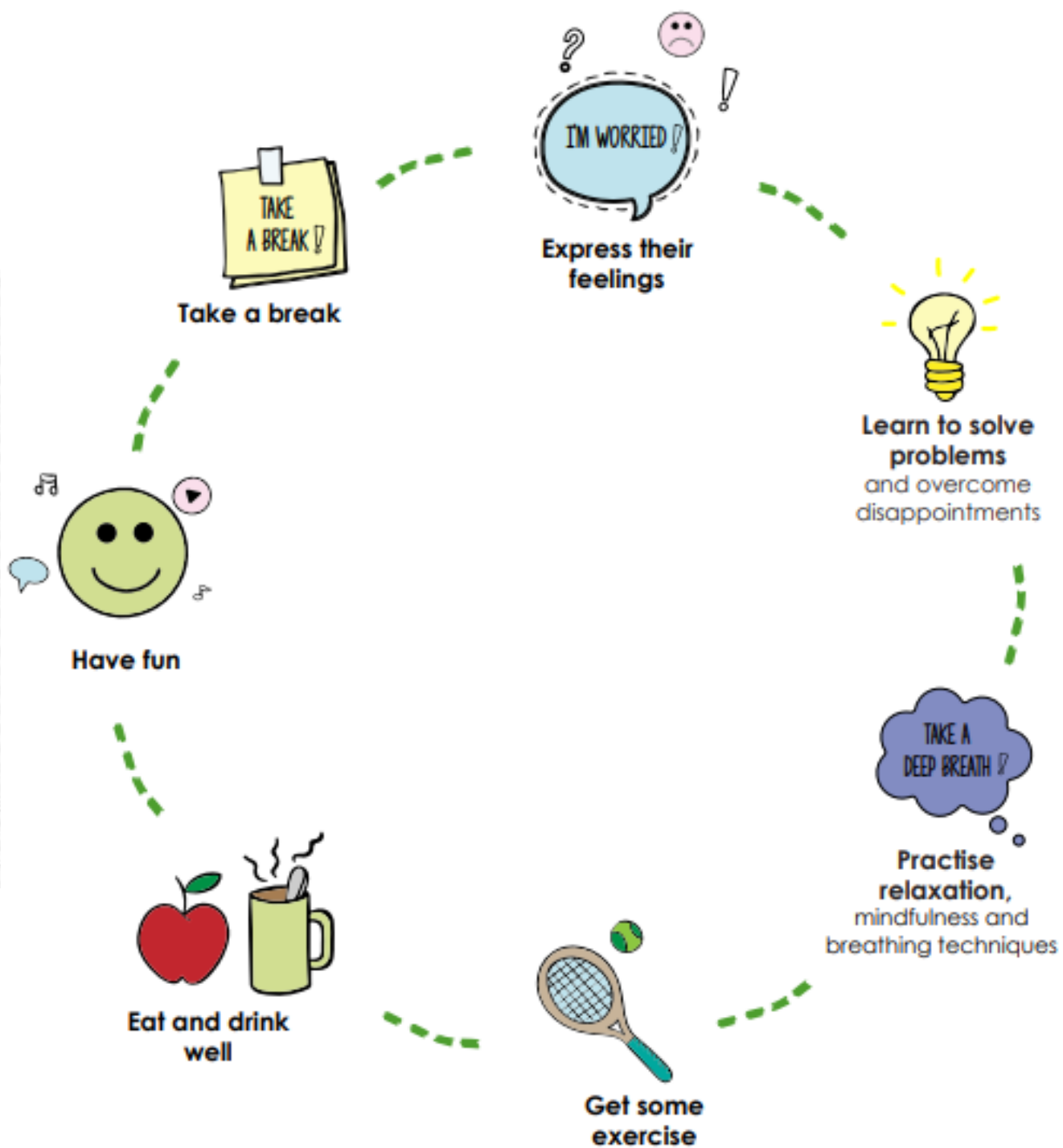
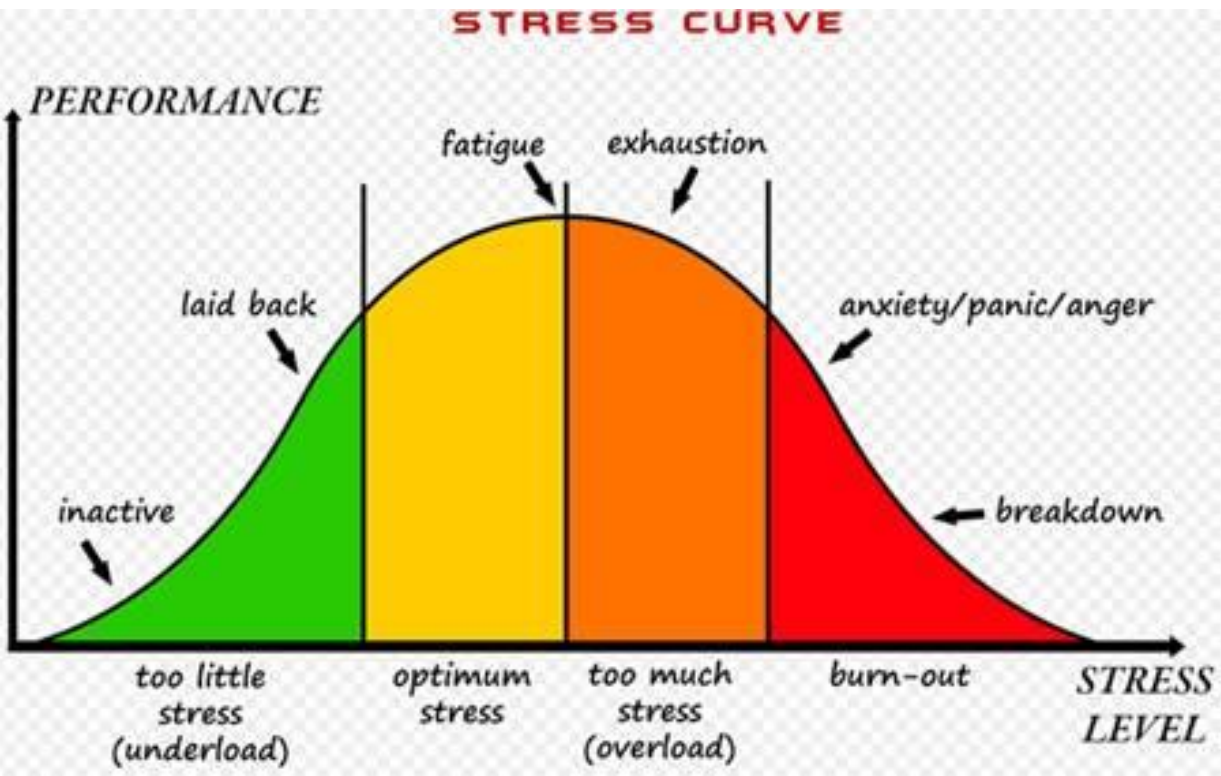
# What can parents do?



- 1) **Work with your child** – try to create a quiet environment they can work in, quiz them and ask about what they are learning
- 2) **Ensure they have a balance** – encourage them to revise according to their plan but make sure they take breaks, eat healthily and get 8 hours sleep
- 3) **Listen to any worries or concerns** – make time to ask how they're feeling, reassure and remind them that you are proud no matter what happens
- 4) **Remain positive and hopeful** – plan a treat for after the exams, avoid comparisons
- 5) **Use the support of the school** – if you're worried or have questions ask the school



# Managing Stress



# How to spot the signs of too much stress?

GCSEs will inevitably create a level of worry, stress and anxiety but the following may be signs that your child may need more support, contact the school if you are concerned;

- 1) Significant change in appetite
- 2) Inability to sleep and increased tiredness
- 3) Changes in personality and relationships
- 4) Panic or crying
- 5) Avoiding lessons and school





# What can school do?

POSTIVE MENTAL HEALTH



WELLBEING



ABILITY TO 

FLOURISH, THRIVE AND ACHIEVE

- 1) Offer academic support and the most up to date expertise
- 2) Provide opportunities for revision and extra classes
- 3) Provide support through Manchester Minds drop – ins and individual session
- 4) Realistic answers to worries and concerns
- 5) Information and support in pursuing different pathways



# A final thought...

GCSEs largely focus on what they are capable of academically. They won't necessarily reflect how talented they may be in other areas, and they certainly won't highlight positive personal characteristics such as kindness and integrity – all of which are important.

