



23 April 2024

Dear Parent/Guardian,

As public examinations draw ever closer, we all want to make sure we are supporting our young people as best as we can. Whilst examinations can be a stressful time there are lots of resources to support parents and students at this time. Below are some new resources that have recently been shared by the DFE:

- [NHS Help your child beat exam stress](#)
- [Anna Freud: How to identify the signs of academic stress, and ways to help](#)
- [Student Minds – resources, tips and blogs about exam stress](#)
- [Ofqual: Coping with exam pressure – a guide for students](#)

In school staff will also be working with both Yr 11 and Yr 13 students to ensure they are supported, prepared and confident going into the examination period and many additional resources can be accessed on the Google Drives that have previously been shared.

We hope you find these resources of use in the coming weeks.

Yours sincerely

Will Teece
Headteacher