



# **Help your child cope with Year 11**

# **It is normal for your child to feel pressure during year 11**

- Childline delivered 3,135 counselling sessions on exam stress in 2016/17 – a rise of 11% over the past 2 years. (110 000+ took GCSEs that year)
- 1 in 5 of these took place in May as pupils faced upcoming exams with many telling counsellors they were struggling with subjects, excessive workloads and feeling unprepared.
- In addition to this Year 11's last undisturbed school year was Year 7

# What is stress?

- Stress is the body's reaction to a challenge. Though stress is often perceived as bad, it can actually be good in some respects. The right kind of stress can sharpen the mind and reflexes. It might be able to help the body perform better, or help you escape a dangerous situation.

*Learn Psychology*

# Prevention is key

- Year 11 is a difficult time. This is in addition to adolescence where there are the greatest amount of physical and psychological changes happening in our entire life cycle and then they are sitting exams.
- One of the best ways to avoid stress is to be on top of work and revisit work all year.
- However, we know that by leading a healthy lifestyle, we can reduce the risk of physical and mental health disorders and increase academic performance, therefore giving your child the best chance to thrive.
- The following recommendations are based on research based studies and are a proven way to help your child to thrive and maximise the time they spend healthy and well:

# How can you help?

- Sleep: approximately 9 hours per night
- Reduce the amount of sugar and junk food
- Increase the amount of fruit and veg
- Eat breakfast!
- Drink plenty of water/fluids (up to 2 litres per day)
- Regular physical activity
- Avoid drinking alcohol
- Avoid smoking
- Reduce screen time
- Keep conversations positive, point out their strengths and successes.
- Be supportive, but set clear limits with high (but reasonable expectations)



# During exam time

- Encourage regular exercise
- Don't add to the pressure
- Make time for treats

# Watch for signs of stress

Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future

# THREE WAYS TO RIDE THE WAVES OF STRESS

1. Understand  
that stress is not  
who you are.

2. Ask what the  
feeling is trying  
to tell you.

3. Harness the  
power of the  
feeling.



~~"I am stressed."~~

"I am noticing  
that I am  
feeling stressed."

"What is this  
'stress' trying to  
tell me about my  
needs? (e.g., for  
support or clarity)"






"What actions  
can I take to  
have my  
needs met?"

EMOTIONAL AGILITY

SUSAN DAVID



# What does the school have in place already?

Students				
  <p><b>Healthy</b></p> <p>Feeling happy Coping well Sleeping and eating well Getting on with others</p> <p><b>Keep up the healthy lifestyle</b></p> <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Limit social media</li> <li>• Take part in physical activity</li> <li>• -Healthy diet</li> </ul> <p><b>At Our Lady's</b> Have you thought of becoming a Wellbeing Champion</p>	 <p><b>Feeling a bit low sometimes</b></p> <p>Feeling anxious at times Needing help with a problem A bit worried Struggling to deal with something alone</p> <p><b>Talk to a friend or family member Talk to an adult you trust</b></p> <p><b>At Our Lady's</b> Your Form Tutor PSO Speak to Wellbeing Champion</p>	 <p><b>Feeling low regularly</b></p> <p>Struggling with emotions Struggling to cope with things Difficulties at home and/or work</p> <p><b>See school nurse, a teacher or counsellor Talk to family and friends Use Support</b>  <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>  <a href="http://www.kooth.com">www.kooth.com</a>  <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p><b>At Our Lady's</b> Nurture PSO Form Tutor School Counsellor</p>	 <p><b>Struggling to Cope</b></p> <p>Unable to cope Low mood regularly or all the time Trouble sleeping or sleeping too much Not able or wanting to go to work or socialise Isolated, avoiding others</p> <p><b>Tell a teacher or form tutor Tell your parents/guardians Time to see your GP</b></p> <p><b>At Our Lady's</b> School Nurse School Counsellor ARK Support From External agencies</p>	 <p><b>Mental illness</b></p> <p>Unable to function normally Very distressed Bizarre thoughts and/or actions suicidal thinking Hearing voices/seeing things that are not there Substance abuse Self-harm Risky behaviour</p> <p><b>EMERGENCY HELP NEEDED HOSPITAL OR GP EMERGENCY HELPLINE</b>            Samaritans: 116 123            NHS: 111</p> <p><b>At Our Lady's</b> Individual Care Plan Support from external agencies</p>

Aspire  
not to  
have more  
but to be  
more...



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