



Dear parent/carer

As you may be aware key stage 4 is probably one of the most stressful times in your daughter's life, resulting in GCSE examinations.

The School has put together a 'Quick Check Stress' timetable for your family to use, providing an easy reference with regard to when your daughter may need further emotional support throughout the two years. This was compiled by year 11 students and reflects how they have felt during their time in key stage 4.

**Physical signs of stress to look for:**

- Decreased appetite, other changes in eating habits
- Headache
- Extremes in mood
- Nightmares
- Sleep disturbances
- Upset stomach or vague stomach pain
- Other physical symptoms with no physical illness

**Strategies to counteract stress:**

- Maintain a healthy diet, eating regular balanced meals
- Get enough sleep, teenagers need 8-10 hours of sleep per night
- Take regular exercise
- Control breathing through using specific techniques
- Take time to have fun
- Develop effective study skills through good organisation

A certain amount of anxiety and stress is understandable and for a short period of time this can improve your daughter's performance, however, if you observe long term anxiety or stress this is very worrying and could lead to long term mental health issues. In this case please do not hesitate to immediately contact:

Mrs Josiah (Head of year 11) Mrs Breen (KSLO year 11)

Miss Smith (Head of year 10) Mrs Lines (KSLO year 10)

Miss Ponsonby (Designated Safeguarding Lead)

Mrs Masters (Inclusion)

Mrs Tahir (Support Department)

Your GP

Helpful Websites:

<https://www.mind.org.uk/>

<https://youngminds.org.uk/> (this website has a parent helpline)

[www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx](http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx)

<https://kidshealth.org/en/parents/stress.html>

