

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

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



Quick Check Stress Timetable

	September	October		November		D	December			January			February			March				April			May			June			July		August		ıst				
Yr10																																	T				
	New Year and timetable with new GCSE subjects, including new teachers.			Holiday					To the state of th	Holiday					Holiday		Work Experience				Holiday	Holiday				End of year exams	Holiday						Apprehension about going into year 11				
	September	October		November		December			January			February			Marc		h		April			May			June				July		August						
Yr11																																					
	Increased focus on G			Holiday		Mock GCSEs	Mock GCSEs		Mock results	Holiday					Holiday		9	Mock GCSEs			Holiday	Holiday		Art and Textile GCSE		GCSEs	GCSEs	GCSEs	GCSEs	GCSEs	GCSEs						Recults
	High Pressure									Increased Pressure								Reasonable Pressure									Low Pressure										

This timetable is a guide to potential flashpoints where your daughter may experience anxiety or stress. If you have any concerns or questions please contact the School.