



Our Ref: DRi/MSt

10th January 2022

Dear Parents/Carers,

As a school we work with the Essex Mental Health Support Teams (MHST) to promote, address and care for the well-being of our young people at an individual, group and whole school level.

We have a webinar available with tips and advice for supporting your child if they do experience stress and anxiety around their exams. It has similarities to the session delivered to Year 11 pupils and therefore also provides an insight to some of the strategies that they have been taught.

Link to the Exam Stress Webinar for parents, carers <https://youtu.be/BFjYI-G85Js>

Here are links that the video reference for more information:

We all have mental health: <https://www.youtube.com/watch?v=DxIDKZHW3-E>

Body reactions to exam stress and how to cope: <https://www.youtube.com/watch?v=-RZ86OB9hw4>

Should you have any questions please do not hesitate to contact me. I look forward to seeing you at an upcoming school event.

Yours sincerely,

Mr Dominic Riste
Assistant Head Teacher - Designated Safeguarding Lead