



West Heath School
Ashgrove Road
Sevenoaks
Kent TN13 1SR

T 01732 460553
F 01732 456734

Principal: Mrs P Bohacek

17th May 2023

Dear Parents/Carers

I hope you are all keeping well.

We appreciate that our students will be experiencing differing levels of anxiety and stress due to the public exams that they are sitting. Please find below a list of links that both you and our learners may find useful at this time:

Young People:

Young Minds - How to manage stress in the lead-up to exams

https://www.youngminds.org.uk/young-person/blog/how-to-manage-stress-in-the-lead-up-to-exams/?gclid=Cj0KCQjwpPKiBhDvARIsACn-gzCYhcsJpOihMJoNudQATVUeQrU8LLW2j4XJ4RLYCy5w-GwjuZJ3dQMaAjW8EALw_wcB

Childline – EXAM STRESS AND PRESSURE

If you're feeling stressed about your exams being cancelled, you aren't alone. Get advice from us and other young people.

https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/?&&&gclsrc=aw.ds&&gclid=Cj0KCQjwpPKiBhDvARIsACn-gzBrG2VKesdiDm7ITYj_I6JmcVHEDGGIfcNC4_FfIUfrYrNervvbuCUaAkg7EALw_wcB&gclsrc=aw.ds

Mind – Exam Stress 11-18 years

https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/?&&&gclsrc=aw.ds&&gclid=Cj0KCQjwpPKiBhDvARIsACn-gzBrG2VKesdiDm7ITYj_I6JmcVHEDGGIfcNC4_FfIUfrYrNervvbuCUaAkg7EALw_wcB&gclsrc=aw.ds



Founded by Mohamed Al-Fayed in memory of Diana, Princess of Wales and Dodi Al-Fayed

Patrons: Gloria Hunniford, Esther Rantzen CBE, Wayne Sleep OBE, Camilla Al-Fayed & Sue Johnston OBE
West Heath 2000 is a company limited by guarantee incorporated in England and Wales. Registered address above.

Company Registration No. 3571239. Registered Charity No. 1069677

info@westheathschool.com

westheathschool.com



Parents:

Young Minds – Parent Advice

<https://www.youngminds.org.uk/parent/>

Young Minds – Help your child manage exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

NHS – Help your child beat exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

One Decision -Helping your child with anxiety

<https://www.1decision.co.uk/images/anxiety-information-pack.pdf>

Additionally, please see below some helpful tips for supporting our learners with their mental health during the exam season:

Tops Tips for Managing Stress and Mental Health during Exams

- Prioritise Sleep: 7-9 hours a night will give you a well-rested mind and body.
- Exercise: Even if it is not daily, physical activity will help improve your focus and mind.
- Eat Right: Try to reduce caffeine and sugar intake, so avoid energy drinks if possible.
- Talk to Someone: Talking can help relieve any exam worries and bottled up stress.

We wish our students every success in their endeavours and our staff are here to support them throughout this challenging time.

Please take care.

Yours faithfully,



Mrs Photini Bohacek

Principal

