



# Supporting your child during exams

KING EDWARD VI COLLEGE  
STOURBRIDGE  
— EST. 1552 —

## Positive Communication

During a recent assembly, we asked students how they would like their parents & guardians to communicate with them...

Praise my highest marks, even if they're not the highest

Understand I am trying my best

Offer to bring me snacks while studying

Let me know you will support me regardless of my grades

Don't make me do chores when I am trying to revise

Tell me you are proud of me

Believe me when I say I have done work

Offer to help me with revision

Ask me, 'Is there is anything I can do?'

Stop comparing me to others or other family members

Tell me you love me

Keep the noise down when I am studying

Understand I need a break

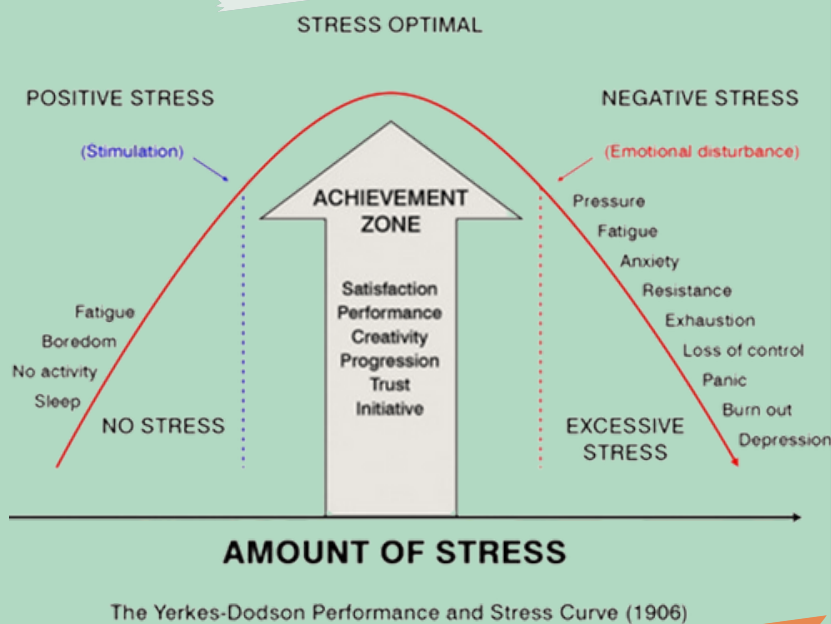
Try not to make me go to certain places or events when I am trying to study

## Good and Bad Stress

Learning has to start with a stressor(s)

This may be the difference between what is known and what needs to be learned

Transformative change cannot occur without the stimulus of stress which results in "stress-related growth"



Therefore, feeling positively stressed may be beneficial for learning

Websites and Resources

[Parents A-Z Mental Health Guide](#)

[Exam Stress Advice](#)

[Health for Teens: Exam Stress](#)

# Importance of Sleep



- Making time for sleep:** Teenagers need around 8 – 10 hours of sleep at night. Encourage your child to get into a good bedtime routine to relax their body and mind.
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- Making their bedroom a place of rest:** Your child's brain needs to associate their bedroom as a place to relax and sleep. Encourage them not to do last minute revision or check emails in bed.
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- The importance of having a bedtime routine:** An hour before "bedtime" is the perfect time frame for your child to start relaxing and turning off their brain. Reading a book (that's not to do with revision or college) or having a bath or shower with lavender oil or shower gel is the perfect way to relax.
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- How to clear their head before bed:** Encourage them to have a notebook by the side of the bed to write down anything that's taking up space in their head. Meditation or breathing exercises are also helpful. If they can't sleep, it's better to get up and relax somewhere else until they feel sleepy.

**Eating proper meals:** If they study during the day, encourage them to have a good breakfast and lunch. If they are a night owl, it's good for them to eat a good lunch and dinner. Eating plenty of protein and staying away from sugary processed foods is also a good idea.

**Encourage them to eat fruit and vegetables as a healthy snack** instead of crisps and chocolate.



**Drinking plenty of fluids:** Water with the occasional fruit juice is best. Caffeine is a stimulant and may aid concentration, but more than two cups a day can lead to dehydration.

**Avoid energy drinks:** High-sugar, high-caffeine drinks may appear to give them an instant buzz but are a poor substitute for proper food and fluid.

## Revision-Life Balance

- ✓ Create a reward system for the hard work and revision they are doing
- ✓ Take time to get out of the house/ library/ study space; spend time outdoors or in nature to detox and relax
- ✓ Create an anti -stress playlist of favourite songs that lift and enhance the mood when under pressure
- ✓ Keep the conversation to things other than work and the mock exams
- ✓ Start making plans for Christmas and the New Year.