



## EXAM STRESS: TIPS ON HOW TO HELP YOUR CHILD KEEP CALM DURING EXAM TIME

One of the most common themes coming through our lunchtime drop in at this time of year is that children and teenagers are concerned about an overwhelming workload, potential pressure from their parents and worries about whether they would get the grades they wanted.

### HOW TO SPOT IF YOUR CHILD IS SUFFERING FROM EXAM STRESS

It's normal for young people to feel stressed around exams, especially during important ones like GCSEs and A Levels. However, ongoing stress can affect mental health, so support from both schools and families is important. Teachers are often the first people students turn to, so having trained staff who can recognise and talk about mental health is key. Schools should also provide extra support during exam periods.

Signs of exam stress can include losing interest in activities they once enjoyed, changes in eating habits, difficulty sleeping, and low or negative moods.

### HOW TO HELP YOUR CHILDREN WITH STRESS MANAGEMENT

If you're concerned about your child, there are simple ways to help them stay calm and supported during exams.

### MAKE SURE YOU TALK ABOUT THEIR EXAM STRESS AND NERVES

Stay calm, positive, and reassuring. Talking openly helps children understand their feelings and feel supported. Remind them that anxiety is normal and share your own experiences of handling stress.

### HELP YOUR CHILD TO STUDY

Provide a quiet, comfortable place to work and ask how you can support their revision. Help them create a revision plan and



encourage using different study methods to avoid burnout. Mixing techniques and using interactive tools can keep them engaged.

Simple relaxation techniques, like deep breathing or muscle relaxation, can also help manage stress before and during exams.

### MAKE SURE YOUR CHILD EATS WELL

A balanced diet supports both physical and mental wellbeing. Small treats can also boost morale and give them something to look forward to.

### ENCOURAGE EXERCISE DURING EXAMS

Physical activity helps reduce stress, improve focus, and boost energy. Activities like walking, cycling, or sports can make a big difference.

### DON'T ADD TO THE PRESSURE

Be mindful not to increase stress unintentionally. Reassure your child that exams aren't everything and focus on their effort rather than just results. If things don't go well, remind them there are always options.

### Reduce Stress Revise

Cramming and exhaustion increase anxiety and reduce memory.



### MAKE SURE TO SCHEDULE IN DOWNTIME FOR THEM AS OFTEN AS POSSIBLE

Encourage regular breaks so they can relax and recharge between exams. Maintaining a balance between study and rest is essential for managing stress.

### DURING TERM TIME ONLY

If your child or young person needs to talk to someone, please refer them to the Therapeutic Lead at school:

**Samira Damree**

Email: [samira@schoolscounselingpartnership.co.uk](mailto:samira@schoolscounselingpartnership.co.uk)

or Text: 07368290102

Study in short, focused sessions (45–50 minutes)

Take regular breaks

Use different methods (flashcards, mind maps, past papers)

Sleep, food and movement are just as important as revision

## Unhelpful thoughts to watch out for

You may notice thoughts such as:

"Everyone else is coping better than me"

"If I fail, my life is over"

"If it's not perfect, it's a disaster"



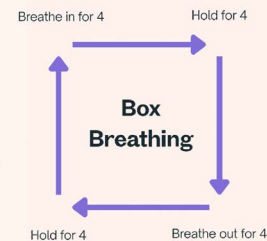
Try gently replacing these with more balanced thoughts:

"I can only do my best"

"One exam does not define me"

"I've coped with challenges before"

## Calm your body Try it now!



Repeat this a few times. This sends a signal to your nervous system that you are safe.

## When to get Support?

If stress or anxiety feels overwhelming, constant, or starts affecting sleep, mood or motivation, please reach out for support:

A trusted teacher

A parent or carer

Book a drop in session with your Therapeutic Lead in school

Asking for help is a strength, not a weakness.



# YOU GOT THIS!

Exams are important, but you are more important.

You are more than your grades.

Take things one step at a time and use the support around you.

# MANAGING SCREEN TIME AND SOCIAL MEDIA

Screens are a central part of your teen's world. But how much is too much?

Tips for Support:

- Create screen-free times (e.g., meals, bedtime).
- Discuss online safety and respectful behaviour.
- Follow their social media (with consent).
- Encourage real-life hobbies and face-to-face connections.
- Balance, not bans, is key.

Thank you for being a dedicated parent. Your presence matters more than you know.

## Screen Time for teens - useful links:

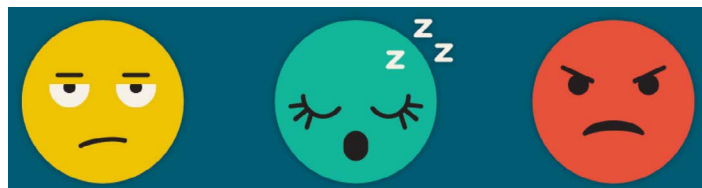
<https://thefyi.org/digital-parenting-toolkit/>

## AVAILABLE DURING TERM TIME ONLY

Sometimes we could all do with someone to talk to.

If you would like to meet Samira Damree for a confidential and non-judgemental chat about you, your child, or any other worries, they are available on Tuesdays from 9-10am.

You can call/text 07368290102 (TERM TIME ONLY) or email [samira@schoolsounsellingpartnership.co.uk](mailto:samira@schoolsounsellingpartnership.co.uk)



<https://sites.google.com/view/heather-b/schools>

# HOLIDAY ACTIVITIES & FOOD

## HAF PROGRAMME - BOOKINGS FOR SPRING ARE OPEN



Holiday provision, funded by the Department for Education, including healthy food and enriching activities. For children and young people in school years reception to year 11 who are in receipt of benefits-related free school meals. The HAF Programme runs during the Easter, Summer, and Christmas school holidays.

[www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/haf.page](http://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/haf.page)



# WHAT CAN YOU DO WHEN SCHOOL IS CLOSED?

During the Easter break, the team isn't here to support you. We have put together some suggestions and advice to help you if you feel unsafe or unhappy or in crisis during the break.

**It may feel like you are all alone, or that no one can help you, but this is never true. Remember, do not suffer in silence, please talk to someone.**

- Speak to your family or another trusted adult
- Call a friend
- Consider dropping into the Circle Cafe (info below)
- Contact an organisation on the list to the right
- Call Childline on 0800 1111
- If you are in immediate danger, call 999

## THE CIRCLE CAFE: A SAFE SPACE FOR YOU



**Who is Circle for:** Children and Young People aged 5-18 who are in mental distress.

**What and Where:** Young people can come in for advice, support, or just to talk, with drop-in or appointment-based services.

### Drop-In Times

Monday to Friday: 2.30pm-6pm

Weekends and Bank Holidays: 12.30pm-4pm

**Where to find us:** Circle, 46 South Ealing Road, Ealing

Circle is on the 65 bus route, a 2 minute walk from South Ealing tube, and a 15min walk from Ealing Broadway station.

[For enquiries about the service please click here or contact \[circleteam@hfehmind.org.uk\]\(mailto:circleteam@hfehmind.org.uk\) or call 0203 4750 060](#)

## childline

ONLINE, ON THE PHONE, ANYTIME

Childline provide confidential help and advice about a wide range of issues. Young people can talk to a counsellor online or over the phone, as well as post on message boards.

[Childline.org.uk](http://Childline.org.uk)  
0800 1111



## SANE

Saneline is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness

Find them on Instagram

[www.sane.org.uk/how-we-help/emotional-support/saneline-services](http://www.sane.org.uk/how-we-help/emotional-support/saneline-services)



## kooth

Kooth is a free, anonymous online mental wellbeing community. It includes: A magazine, discussion boards, messages or live chat with their team and a daily journal you can fill in:

[kooth.com](http://kooth.com) find them also on Tiktok and Instagram



## THE MIX

Essential support for under 25s

The Mix offer a free and confidential service that provides articles and video content online, by phone, by email and through peer-to-peer support and counselling services.

[themix.org.uk](http://themix.org.uk)  
0808 808 4994



## YOUNG MINDS

Young Minds provides information about mental health conditions and support available. They offer some useful online information.

[Youngminds.org.uk](http://Youngminds.org.uk)



## Family Support Website

*Browse resources, programmes and support services available for families.*

Please scan the QR code:



Scan the QR Code and Scroll down to browse resources, programmes and support services available for families or Visit: <https://padlet.com/featherstonehigh/featherstone-high-school-family-support-6fnipm4nh102br3i>

# Ealing Mental Health Support Team

April  
2026

Your Termly Newsletter

## Is your child feeling....

Demotivated? Anxious? Stressed?  
Worried? Sad? Irritable? Low?  
Panic? Tired or lacking energy?



## We can help you and your child

**Ealing Mental Health Support Team (MHST)**  
supports the wellbeing of children and young.

**In Primary schools, we offer 1:1 support to parent's whose children feel:**

- Worried and present with behaviours that challenge



## You said, we did!

You said you enjoyed our challenging behaviour workshops so we are running another one this term!

You said that parents wanted managing use of technology, so

You said you wanted more practical skills and examples and less wordy presentations, so we have factored that into our presentation this term.



**In Secondary Schools, we offer 1:1 support to young people who sometimes feel:**

- Anxious or low in mood

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

## Dates to remember:

Mental Health Awareness Week 11-17th May 2026

## Upcoming Workshops

Helping Your Child With Exam Anxiety

**Friday 17<sup>th</sup> April 1-2:30pm**

OCD Workshop

**Friday 8<sup>th</sup> May 12-1:30pm**

Introduction to Autism

**Monday 18<sup>th</sup> May 1 - 2pm**

Supporting appropriate use of technology  
(Social, Media, gaming, screentime)

**Thursday 28<sup>th</sup> May 12-1pm**

How to help your child when they are experiencing low mood: for secondary students

**Friday 12<sup>th</sup> June 1:30-2:30pm**

Behaviours that Challenge

**Monday 22<sup>nd</sup> June 12-1pm**

Transition to Secondary School

**Monday 13<sup>th</sup> July 12.30-1.30pm**

Preparing for life after school: Parents supporting 18+ young people with transitions after secondary school

**July 21<sup>st</sup> 10:30 - 12pm**

If you would like to sign up to one of our workshops, please do so using the link below or scan the QR code.



## Transitions!

The summer term represents endings and the approach of new beginnings. Maybe your child is approaching the transition to secondary school or coming to the end of their time at school and thinking about what's next. It is important to normalise any feelings of worry, and have open conversations about how best to support them through transitions!

We offer transition workshops for Year 6's, so it is worth asking your child's school whether there are any upcoming transition workshops!

## Supporting Appropriate Use of Technology

High on the agenda for schools and services is the impact of technology on mental health

Here are some top tips on how to support your child moderating their technology use:

Passive VS Purposeful Screen Time:

Scrolling through shortform content like TikTok or Instagram is associated with low levels of physical activity.

Engaging in passions and educational content (writing, art, social communication) is associated with improved social and academic skills.

Gaming: Be aware of what games your child is playing, showing an interest will not only allow you to monitor downloads and interactions, but also make it more likely your child will share with you if something goes wrong!