

GCSE STRESS

This is about to be one of, if not *the* most stressful times in the students' lives to date. It is important to ensure that we are keeping an eye on the students and making sure that they are coping and dealing with GCSE stresses as quickly and effectively as possible.

Warning signs:

- irritability
- difficulties sleeping
- going off their food
- becoming quiet and withdrawn
- feeling tired all the time
- stomach aches or headaches
- finding it hard to concentrate on school work
- having difficulty solving problems they usually find easy.



What you can do

- Provide well-balanced meals on a regular basis
- Ensure they drink less caffeine and other inappropriate beverages
- Get enough sleep
- Exercise on a regular basis
- Be there to talk if they need you

What we are doing

- We are trying to provide the students with skills that enable them to keep on top of their workload.
- Opportunities to talk openly with their peers and with their form tutors concerning how best to deal with stress
- Making them fully aware of the requirements of each course and ensuring that they understand how to progress.
- We support, encourage and praise the large number of students who are working to the best of their ability but, for their sake, we cannot be complacent.