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**Education Other Than at School**  
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Dear Parents & Carers,

The new year will see the start of 'exam season' which we know can be a worrying time for our young people and as a parent, you may have noticed your child showing signs of stress and anxiety already.

This week's newsletter will hopefully provide you and your child with handy resources as well as links to sites which may be of use for both you and your child.

As always, please reach out to your child's Pastoral & Welfare Team for further support, not forgetting to check out our website where you will find a wealth of signposting to further info.

[How to help your child deal with exam stress](#)

[Help your child beat exam stress - NHS](#)

[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

[Information for 11-18 year olds – Exam stress - Mind](#)

[Exam stress: 8 tips to cope with exam anxiety - Save the Student](#)

*Best Wishes*  
*Sally Nichols*  
*Pastoral & Welfare Team*

