

YOUNG Mi MINDS



Staying mentally healthy during revision and exam time

Welcome to your 360° Schools' Community e-newsletter! With Easter fast approaching, our minds turn to the tests and exams that children and young people will be facing soon, whether these are SATs, GCSEs or A Levels. We know that this time of year can be stressful for pupils, staff and parents and pressures can build up to the point where we don't feel able to cope. Everyone responds to pressure differently. As staff, it's important that we put as much as possible in place to support children at this time.

This is also a time to be vigilant - some children may be struggling with areas of school or home life and this extra pressure may be the catalyst for things to feel out of control. There are, however, lots of things that schools can do to ease the burden on young people at this time. Creating an environment of support and care, where revision and time out are well balanced, is one of the most significant things a school can do to help pupils.

Resources

Stress Buster Timetable



Here are some best practice ideas to make the test/exams weeks as stress-free as possible. Our Teachers' Insight Group pooled all their good ideas (for primary, secondary and special schools) and came up with a timetable that would really help children cope with the pressure at this time. Of course, it's unlikely that any school would be able to do all of these, but we were really inspired by how creative schools were in finding ways to support the mental health of their pupils.

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	Breakfast club	Breakfast club	Breakfast club	Breakfast club	Breakfast club
Morning		Free time	Assembly Managing stress		Rounders
During lunch break	Meeting my mentor	Subject drop-ins	Daily mile	Peer mentor support	
Before test/exam	Mindfulness			Listening to music	
After school		Volley ball	Film club		Curiosity Friday

Meet my Mentor
Every child allocated a number of staff who support them.

Breakfast Club
Asking children to create a memory of SATS week for next year. For example, a way to start the day, and a subject drop-in.

Curiosity Friday
Having come down from the roof, we're going to do some fun activities, making something, maybe learning, maybe watching a video, maybe a quiz.

Peer mentor support
Having prefects/mentors on hand for tips and advice.

Daily Mile
Walking in many different directions.

Mindfulness sessions
5/10 minute stops throughout the day.

Wellbeing Activities For Exam Season

Using ideas from schools around the country, we've put together a timetable of wellbeing activities and support that could fit around a week of exams in your school.

[> Download the Stress-Buster Timetable](#)

Balance Activity

This activity is helpful for children to identify things they can do to release the pressures of revision and exams.

- Using the wings template, ask children to fill out one side of the butterfly with what needs to get done in their school work (and possible worries).
- Then ask them to think about all the things they do (or could do) to get a good balance in the run up to tests or exams, e.g. playing sport, going out with a friend, reading a good book, watching their favourite programme.
- Some children may not be able to think of many positive activities to do with their time, so it might be good to do this in pairs or small groups.
- Explain the importance of having a good mix to help them relax, de-stress and recharge. And encourage them to put those positive activities into their revision timetable too.



Worksheet For Pupils: Finding a Work/Rest Balance

Many pupils may struggle to find a healthy balance between revising and resting. This worksheet helps them visualise that balance; on one side they list all their worries and what they need to get done, and on the other side what they can do to rest and relax.

[> Download The Worksheet](#)

Staff wellbeing tips for exam time



- Remember that all the while you are holding your students in mind, tests and exams can be stressful for you too.
- Make sure you seek out your friends and colleagues and share the challenges of your day.
- You can do a lot for a lot of children, but sometimes you can't do it all. If you are struggling to support a student, enlist the help of other staff members.

For Staff and Pupils: Posters

Printable posters that can be stuck up in the staff room or classroom, with helpful reminders for how we can stay mentally healthy during exams.

[> Download The Poster For Staff](#)

[> Download The Poster For SATs](#)

[> Download The Poster For Secondary School Pupils](#)



For Parents: Supporting Your Child During Exam Time

Exam time can be a tricky season for parents to navigate too! Pass on this handy webpage with practical ways they can support their child and

places they can go to get help if they are worried.

[> Visit The Guide](#)

Upcoming April Training Courses

Book onto the last few remaining spaces for our April courses. All will take place in our London office, SE1 1YW.

Early Years, 2 April - Learn how to promote positive mental health in primary and early years to give children the best start in life.

Anger, 4 April - Help children and young people manage their angry feelings and learn how you can best respond.

Resilience, 10 April - Understand resilience and how to help build it in children and young people and the systems around them.

Does this look familiar?



We know many of you in your schools are doing excellent work on wellbeing and mental health. But at the moment, this work isn't well recognised in Ofsted inspections. Now there is an actual opportunity to change the school system so that wellbeing is brought to the top of the list. Ofsted are changing their inspection framework and **want to know your views.**

We've created an email template to help you respond to Ofsted's consultation, and included some suggestions about how the framework can be improved.

Make sure you have your say and #TellOfsted what you think.

#TellOfsted Now



Have you got the UK's funniest class?

We want to use jokes to help unleash everyone's inner awesome while helping them discover new skills and build resilience. Alongside YoungMinds, Beano have launched a nationwide competition to find Britain's Funniest Class!

Submit your class's new and original three jokes to be in with a chance of winning:

- A Beano VIP school visit and comedy workshop
- A bundle of Beano annuals
- Beano comic subscriptions

Submission dates are April Fool's Day (April 1st) to May 1st.

Enter here: <https://schools.beano.com/home/>

Showcasing Your School: Aureus School, Didcot

We love the **wellbeing reflection tasks** that **Aureus School in Didcot** have created, to accompany their wellbeing assemblies. In coaching groups, pupils are encouraged to



think of ways they could look after their own wellbeing, as well as how their actions may impact the wellbeing of others. The reflection task also help pupils identify where they can go for help and support with their mental health.

Have you got a wellbeing board, done a classroom activity or held an assembly that focused on mental health?

[Email 360schools@youngminds.org.uk](mailto:360schools@youngminds.org.uk) with photos or a description of what you did, so we can share your great ideas with other schools!

You might also be interested in...

- The YoungMinds Crisis Messenger service provides free, 24/7 crisis support across the UK. [Download this poster](#) to share the Crisis Messenger number in school.
- Looking for more primary school resources? [Mentally Healthy Schools](#) brings together quality-assured information, advice and resources to help primary schools understand and promote children's mental health and wellbeing.

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