

Supporting Wellbeing: Advice and guidance for parents/carers

We acknowledge that year 11 can be challenging, students will work harder than their peers in year 7-10. This hard work will however ensure that students are adequately prepared for their assessments and examinations, in doing so reducing the stress/pressure of achieving well.

Our academic support plan has been designed to be achievable for all students. By creating routines and habits inside and outside of school students can balance their academic studies with continued pursuit of passions and interests outside of school.

Our pastoral teams have a wealth of experience supporting students and families during year 11. We would advise parents/carers to contact these staff should they have any concerns about an individual students wellbeing.

*Head of year – Mr McDonald
Pastoral Coordinator – Mrs Meurer
[01271 863427](tel:01271863427)*

Useful Wellbeing Websites:

[Mental health support for children and young people - NHS](#)

[Mental health resources for children, students, parents, carers and school/college staff – The Education Hub](#)

[Sleep Tips for Adolescents](#)