

5 April 2019

Dear parents/carer and Year 11 pupils

We are fast approaching the examinations that will mark the end of Year 11 and GCSE courses. Consequently, the pressure on pupils is growing day by day; from teachers, from parents/carers and from themselves.

This is on top of the stress and anxiety we all try to deal with every day. This can be brought about by all sorts of things such as conflict, bullying, peer pressure, social media pressure, body image issues, sexuality or gender issues, loss, physical and hormonal changes, other family pressures/difficulties, and so many more.

We are, therefore, writing to you to offer some hints and tips for managing stress and to signpost where you can get further support if it is needed.

- **Plan and stick to a good revision timetable**

Focus your revision on the topics that you still need to work on, rather than areas that are already strengths (use PLCs to help you).

By doing this, you will start to feel more prepared for the challenges ahead and this will reduce your stress.

Not doing this, will feel better in the short term but will just store the problem and anxiety for later.

Also, remember to come into the revision sessions that we will be holding in the Academy.

- **Look after your health**

Eat healthily, sleep well and stick to good routines of when you get up and go to bed. This will increase your energy, improve your concentration and keep you in good routines for the final term.

Exercise will release endorphins and can help clear your mind and relieve stress.

- **Take some time to relax and reward yourself**

You do need to unwind. If possible, break up your revision and work with small activities and rewards, plan to meet up with friends and family and take some time for yourself.

- **Avoid negativity**

If they will cause you stress, stay away from social media and messaging services. Equally, don't be negative to others. Avoid arguments, making judgements or making

mean or nasty comments – these are likely to cause you more stress and problems in the long run.

- **Talk**

Talk to friends, family or other people you trust about your general worries, and any overwhelming feelings or emotions.

Although this can be very difficult, and anxiety-provoking for us all, it is important that we talk openly about thoughts and feelings, and feel listened to, heard and not alone.

This does not need to be a conversation with an 'expert' or a 'therapist' but with the people around you that you know well, or trust.

In some cases, levels of stress and anxiety can become overwhelming. If this is the case, and other measures do not seem to be helping and the stress seems to be getting too much, there are other local places you can turn to for help and support:

- **CAMHS CRISIS Team**

Parents/carers and young people can self-refer for CAMHS support using the online form or by calling 0115 854 2299.

Service opening hours are 8am -10pm on weekdays and 10am - 6pm at weekends

Contact CAMHS on: 0115 8542299 or email CAMHSCrisisTeam@nottshc.nhs.uk.

- **KOOTH**

Face-to-face and online counselling/emotional well-being support service for children and young people

www.kooth.com

- **Base 51**

The Base 51 Counselling service offers short and longer term counselling and psychotherapy to young people aged 12-25. Counsellors are trained in a number of approaches and have vast experience of working with young people to work towards their aims.

Offers face-to-face counselling, groups and other support for young people.

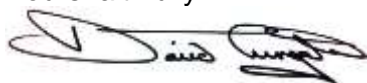
Contact Base 51 on 0115 7043114 or visit the NGY myplace Centre (ask for Base 51), Monday-Friday, 9.00am-5.00pm. info@base51.org.uk.

www.ngymyplace.co.uk

We have also attached details of some national organisations that offer support and help for a variety of different issues

Finally, we would just like to remind you that we are all working towards the same goal: to ensure the pupils at the Nottingham Girls' Academy have the qualities, skills and qualifications to enter the next phase of life with confidence and ambition. If you have concerns or worries, please do not hesitate to contact us.

Yours faithfully



Mr D Tungate
Principal

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- We strive to fulfil everyone's learning potential. • We value high standards, hard work and a ceaseless desire to improve.
 - We provide a safe, kind, nurturing and inclusive environment. • We enjoy the journey together.

