

Friday 6 March 2026

Dear Parents and Carers,

We understand that year 11 can be a challenging time for our students with GCSEs and decisions about the future being made. This can be a time of heightened anxiety and emotions and the school would like to help our families and students manage the pressures of the next few months.

We would like to remind you that there are several members of staff available to support students during this important time. Students can speak to **Mrs Willis, Head of Year 11**, or **Ms Huggett, Year 11 Pastoral Manager** as well as our Assistant Head for Inclusion, **Mr Wood** who are available to listen and provide guidance. Where needed, we can also refer students to additional specialist support within the school.

During tutor time, Year 11 students are regularly reminded of strategies to help them manage the examination period effectively. This includes:

1. Guidance on organising their time, such as creating revision timetables
2. Developing healthy study routines and maintaining healthy habits throughout the exam period, including eating well and getting enough rest
3. Providing revision breakfasts during the upcoming examinations.
4. Completing subject skills audits, helping students to focus their revision on areas that best support their individual needs.

In addition, managing stress and wellbeing during the exam period is explored in more detail through Curriculum for Life lessons, where students learn practical strategies to help them stay calm, balanced and resilient.

A list of resources to support students outside of school in the next few months is included below. We will also be posting information on the year 11 Google classroom regularly.

Please find website links below:

The Mix

The Mix is an independent charity offering free, confidential support, expert advice and a welcoming community, all designed with and for young people. Whether you need help with mental health, relationships, work, money or anything else, you'll find it here — whenever you need it. Text [85258](tel:85258) for urgent mental health support.

<https://www.themix.org.uk/>

Kooth

Kooth is a free, safe, and anonymous online wellbeing community for young people. You can sign up without being referred by anyone, and you don't need to download any apps.

<https://www.kooth.com/>

Young Minds

The Young Minds website has a wealth of information available for parents, students and professionals. Below is a link for exam support, there are other links from this page including a guide for students and a separate guide for parents:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

Chat Health

The following link has details of the text service run for young people by Dorset NHS Foundation Trust:

<https://www.dorsethealthcare.nhs.uk/our-services-and-sites/children-young-people-and-families/school-nursing/chathealth-confidential-text-messaging-service-young-people>

Resources;

Please find links to two webinars for parents created by The Dorset Mental Health Support Team in Schools below. These are available at any time:

Exam Resilience

<https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9UeyIge0jXdO4zIP99hmtPIMhTMFcVzXvRNUQTBFTzdGVFBOMVNIRTZMQkxGME5TR01YRy4u>

Introduction to the Teenage Brain

<https://forms.cloud.microsoft/pages/responsepage.aspx?id=sITDN7CF9Ueylge0jXdO4zIP99hmtPIMhTMFcVzXvRN-UOUpBV1hDUFVVUFNCNUk4UklZSzFUMFhGTi4u&route=shorturl>

Please also find an excellent document created by DMHST for revision and mental health attached here:

<https://camhsdorset.org/wp-content/uploads/2024/03/Dorset-MHST-Ultimate-Revision-Guide.pdf>

Kooth have free webinars on managing exam stress running this month, these are free to attend: Join Kooth for a free 45 minute webinar and you'll hear from one of their community engagement team, alongside a clinician from Kooth.

[Book 9th March, 6:00pm](#)

[Book 16th March, 7:00pm](#)

If you have any further questions or concerns regarding your child then please contact the year 11 team.

Please note absence levels have risen this week, every lesson includes vital learning for the exams and so we ask that absence is kept to a minimum to support our students through this period.

Kind Regards

Emily Willis (Head of Year 11)

Denise Huggett (Pastoral Support Manager Year 11)