



Personal Development: A Guide for Parents/Carers

Exam Stress

As you will no doubt be aware, your child begins their GCSE exams soon. Whilst this marks a monumental moment in their education, exams can also bring feelings of worry. The most important thing to know: it is completely normal for young people to feel this way. As a parent/carer, it can be difficult to know how to support your child during this time; especially when you aren't confident with the exam topics yourself!

Getting organised

The old saying 'failing to prepare is preparing to fail' rings true here. Students have been guided through the revision process by making revision timetables and learning about a range of revision strategies. It is also useful for students to have a quiet space with all of their revision materials in one place – this also means putting their phone/devices away for a set period of time so they are free of distractions.

Routines

It can be easy for students to throw routines out of the window when it comes to exam time by staying up late to cram revision in, eat junk food whilst studying or staying in their room all day. Encourage your child to remember the basics of looking after themselves such as drinking enough water, eating well, getting a decent night's sleep, and exercising.

Click on the links below to access further support:

[Revision strategies](#)

[Young Minds guide for parents](#)

[Red Cross guide to dealing with stress](#)



As this is the first year we have published parent/carer guides for PD, we would like to hear your feedback. Please use this link to share your thoughts: <https://forms.office.com/e/uq6vNnZtTr>

Year 11: Summer Term 1

Unit 5: Independent Living

- Making responsible and well informed health choices. This includes aesthetic body modifications such as piercings, cosmetic surgery, and fillers. We also discuss cancer and ways that we can lower our risk of cancer. Further to this, we discuss vaccines and the importance of these.
- Personal finance such as creating a budget, student finance, and debt management.

As students are preparing for their exams, we also provide them with revision opportunities. Students will be given a variety of revision strategies to try in their lessons. They will be given advance warning of when these lessons will take place so they can bring the appropriate revision materials.

If your child is impacted by cancer (directly or indirectly) and you wish to make their teacher aware, please email:

k.robinson@fernwood.school

Discussion points/questions for home:

- Can your child explain the risks and benefits of aesthetic body modifications?
- Is your child interested in any aesthetic body modifications such as cosmetic surgery?
- What does your child understand about cancer?
- Does your child have any experience with budgeting or managing their own money?
- What does your child understand about student finance options?

Click on the links below to access further support:

[Martin Lewis: financial education textbook which is free to download](#)
[Macmillan Cancer Support: further information about support available for young people](#)