

Year 13: wellbeing and health over the exam period



May, 2026

Dear Parent/ Carer,

Now that our students are on study leave and exams have begun, I wanted to send you some advice and links for supporting your son/ daughter with their wellbeing and health throughout the exam period.

We recognise that this is a stressful and busy time for all our Year 13 leavers, and that leaving the routines and structure of school can sometimes be a relief, but also can present a new challenge in managing time and keeping well.

To help your son/ daughter during the coming weeks and months:

- encourage them to keep to healthy routines: getting up early at “school time”, getting to bed at a reasonable time, eating well, and finding time to relax and do some exercise.

There are many excellent resources available for parents and students:

- <https://www.ucas.com/undergraduate/student-life/mental-health-and-wellbeing/mental-health-and-wellbeing-university-support>
- <https://www.mind.org.uk/for-young-people/feelings-and-experiences/exam-stress/>
- <https://www.themix.org.uk/explore-our-topics/school-and-university/coping-with-exam-stress/>

Students are welcome to come into school to study and if your son/ daughter wants to contact their teacher, member of sixth form team for study or pastoral support they should not hesitate to do so.

If you have any concerns about your son/ daughter’s wellbeing please do communicate with us, and seek support from your GP.

I hope that all our students have a calm and purposeful study leave and wish them very well in all their final examinations.

Yours sincerely,



Olga Dermott-Bond FRSA
Assistant Head Teacher and Head of Sixth Form