

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



Exam Stress | How To Deal with Exam Stress - YoungMinds

It is normal to feel a bit worried about exams, especially if you're under pressure from school or family. Exam stress can cause you to feel anxious or depressed, and this might affect your sleeping or eating habits. If you recognise any of these feelings, or are worried that exam pressure is taking over your life, you are not alone, and there are things you can do:

www.youngminds.org.uk

Headlice

Please can I ask parents to regularly check your child's hair for headlice so it can be treated and prevent spreading it to other.

Donated Uniform

We are in the process of setting up a website where we sell good quality 2nd hand uniform to parents who struggle to purchase new items. The website will be available to all parents and the proceeds of the sales will go to support the school. If you have any good quality uniform that your child has grown out of we would be grateful if you can bring it along to school. Thank you for your support.