



# SYDENHAM SCHOOL

---

Headteacher Emma Wijnberg, BSc PGCE NPQH  
Dartmouth Road, London, SE26 4RD  
Tel: 020 8699 6731

Website: [www.sydenham.lewisham.sch.uk](http://www.sydenham.lewisham.sch.uk)  
Email: [info@sydenham.lewisham.sch.uk](mailto:info@sydenham.lewisham.sch.uk)

14<sup>th</sup> May 2025

Dear Parents / Carers

## **Managing the pressure of exams**

Now that the exams have started in full, we know that this can bring feelings of stress and anxiety amongst young people. It can feel hard to strike a balance between hard work and finding time to prioritise wellbeing.

### **What to look out for**

Your child might have some difficult thoughts for example they might be worried they won't do well, or that they have not prepared enough. These can be a normal response to the exams. However, pressure to succeed can sometimes cause a feeling of being overwhelmed. This can sometimes cause uncomfortable physical symptoms such as

- Stomach aches
- Headaches
- Restlessness
- Changing to sleeping or eating patterns
- Irritability
- Low Mood

### **What can you do to help?**

When speaking to your child about how they feel please remind them stress can actually be helpful! The stress response can be a good motivator and increase focus, energy and awareness. Encourage them to talk about their concerns and reassure them that their feelings are valid.

### **Encourage healthy routines.**

Sleeping well and eating regular healthy meals are important for wellbeing. Relaxation such as focusing on slow breathing can help reduce stress or help your child to sleep if they are finding it difficult to unwind. Sticking to normal routines, including attending school on time each day even if they don't have an exam, is really helpful.

### **Encourage downtime.**

Finding a balance between revision, sleep, seeing friends and exercise can be very important. As exams can be all encompassing, encouraging your child to take time off is important. This can be a whole day or an evening where they do something they enjoy, even if it's watching their favourite film.

### **Be positive rather than adding pressure.**



# SYDENHAM SCHOOL

---

Headteacher Emma Wijnberg, BSc PGCE NPQH  
Dartmouth Road, London, SE26 4RD  
Tel: 020 8699 6731

Website: [www.sydenham.lewisham.sch.uk](http://www.sydenham.lewisham.sch.uk)  
Email: [info@sydenham.lewisham.sch.uk](mailto:info@sydenham.lewisham.sch.uk)

Let your child know that you believe in them and feel positive about their future. Planning a special treat for the end of the exams. Having something to look forward to can help young people feel positive, motivated and less worried.

**Recognise if your child is really struggling.**

If your child is really struggling, they may need additional help. Please do make an appointment to discuss this with your GP. You can also contact me directly.

Below are some links that you can share with your child and that may be useful for them in coping with exam stress.

[The Exam Stress Calm Zone - Explore Kooth](#)

[Coping with exam pressure - a guide for students - GOV.UK](#)

Kind Regards  
Ms Rachel Wylie  
Acting Assistant Headteacher and Designated Safeguarding Lead