

Welcome to this week's SMRT safeguarding update...

WAKE UP WEDNESDAY

Stress Awareness Month

What is Stress Awareness Month?

Stress Awareness Month takes place every April. The campaign is designed to raise awareness about both the contributory factors and the solutions to stress, as well as to reduce the stigma that surrounds stress and mental health.

This feels an appropriate time of year for young people to be aware of stress they might be experiencing. Many of our students will be sitting public examinations at school in the near future, or completing internal tests and assessments, and so carrying out revision over the upcoming Easter holidays. Exams can feel stressful – for both young people and their parents and carers!

This is entirely normal, and, as we remind our students, some stress can be helpful – it shows us what is important to us and can give us the drive we need to perform well. However, too much stress can feel overwhelming and impair our functioning. Maintaining a sense of balance is one of the most important things we can do to keep stress levels at a healthy and manageable level.

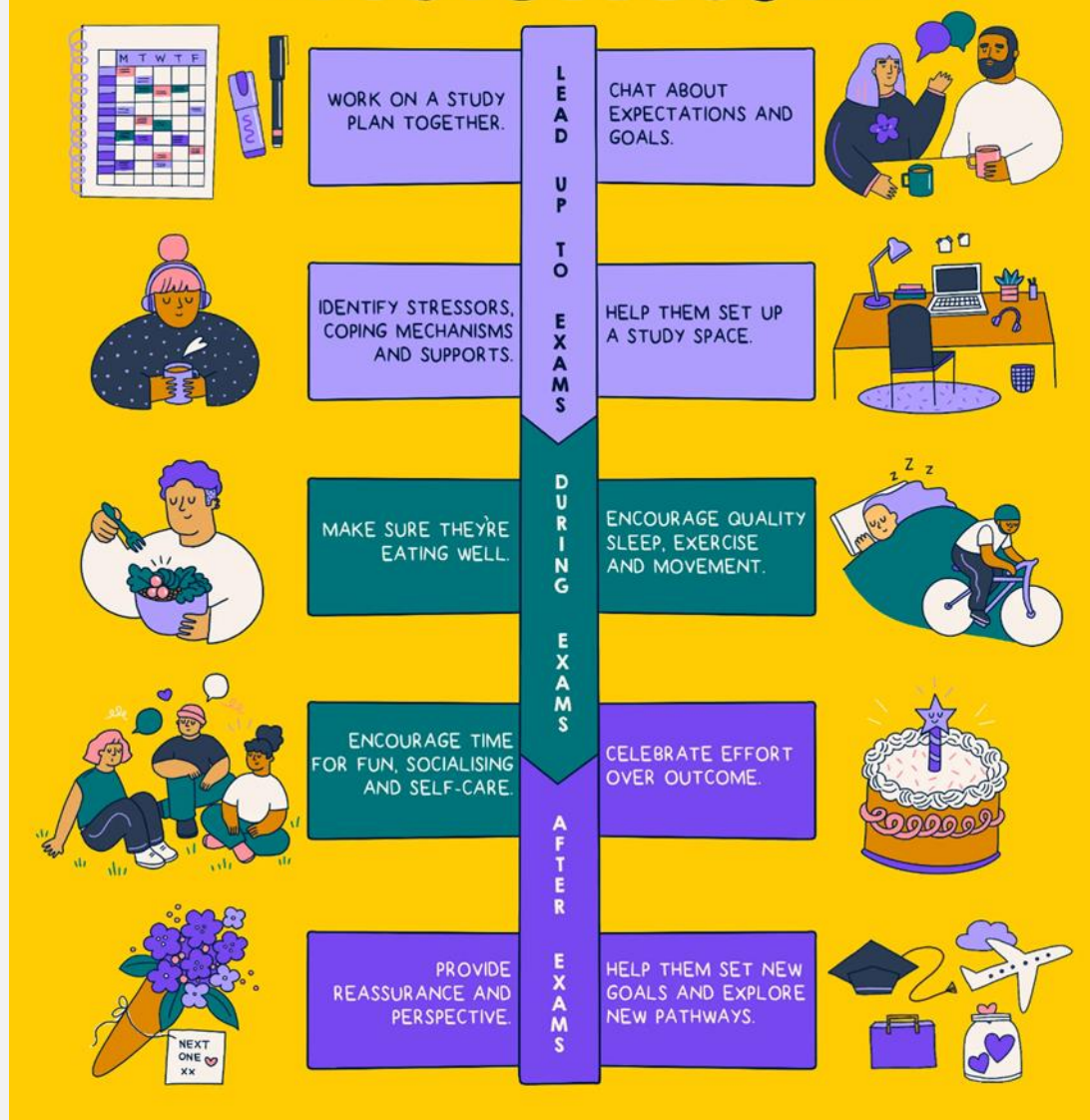
For our students, this can mean both in the way that they view exams and the way that they manage their revision day to day. Having a good routine and a focused and organised approach to revision is likely to mean students feel confident and well-prepared for their exams. Keeping connected to family, friends and hobbies and taking time to switch off completely from schoolwork is also essential.

At SMRT, we support students by offering pastoral support through the year teams, advice from our Mental Health Lead: Katherine Meredith, reflective assemblies, focused sessions through the pastoral curriculum and VIP about how to manage stress and some counselling provision for those with extremely heightened anxiety. At times, we may signpost students to the appropriate support services and agencies for those who require additional support to our current school-based offer.

Please see the links below for a more detailed overview of our approach.

This is a useful graphic for thinking about how you can support your young people throughout the whole process of them taking exams:

PRACTICAL STRATEGIES FOR MANAGING EXAM STRESS



The accompanying guidance to the graphic can be found here: [Practical strategies for managing exam stress | Exam stress and teenagers](#) Just be aware that this is an Australian website, so the reference near the end to university courses will be specific to that country – all of the rest of the advice still applies!

For further information, please visit this page on our school website, which also includes some additional external links that you might find helpful:

[Managing-Exam-Stress.pdf](#)

As always, if you have any immediate concerns about safeguarding issues, students, or the school site, please get in touch via:

safeguarding@smrt.bristol.sch.uk