



DEYES
HIGH
SCHOOL

LYDIATE
LEARNING TRUST

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Dear Parents and Carers (Y11 & 13)

As we now fully expect public examinations to go ahead this summer, we are all working together to ensure that the students are well prepared and achieve the very best grades.

In addition to this, the Department for education has published resources for parents of students sitting exams this summer. We have shared this information below as further support for you at this challenging time :-

[YoungMinds](#) is a charity working to improve emotional well-being and mental health amongst children and young people. See [YoungMinds' advice for parents](#).

[NHS](#): See the advice from the NHS: [Help your child beat exam stress](#).

[Family Lives](#) is a charity helping parents to deal with the changes that are a constant part of family life. See Family Lives' advice for [supporting your teenager through their exams](#).

[Relate](#) is a charity offering relationship support. See Relate's advice for [coping with exam stress as a family](#).

[TheSchoolRun.com](#) is a website offering resources to help learning at primary school. See their advice on [helping your primary school child with exam stress](#).

[Teenagers Translated](#) is a website offering information to help parents understand their children during their teenage years. See their advice on [managing exam stress](#).

We hope that you find the links useful. Please don't hesitate to contact us if there are other ways you would like us to support.

With Kind Regards

Head of School
Mrs Victoria L Beaney



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ENGAGE, ENABLE,
EMPOWER