

St Mungo's High School

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Rector: Mr Stephen Phee



Falkirk Council
Children's Services

Good morning

The school are offering parents the opportunity to sign up for an online support session run by Falkirk's Mental Health Association (FDAMH) to help with:

Managing Exam Anxiety

It's perfectly normal to feel stress and anxiety around revision and exams, but when we begin to feel overcome by this stress, this can impact on our studying, our emotions, our self-confidence and our performance in exams.

Join us for this short online session to look at some simple and useful techniques to avoid becoming overwhelmed in the run up to the exams, how to prepare effectively and how to function to the best of our abilities when we most need it.

For Parents and carers, this can be a fraught time for all the family, and we'll look at ways to support our students effectively, without pressure, as they undergo the exams.

We will look at:

- Not being swept away by those feelings of panic and how to help someone who is panicking
- Planning effective and manageable study in a busy household and the importance of rest and self-care
- Using all the supports available, for both those studying and for parents/carers
- Pre-exam calming techniques
- What to do if you go blank or "freeze up"
- Avoiding overthinking and worrying before, during and after the exams

A Zoom invite will be forwarded to you by the school to attend this session.

This will run on Wednesday 24th November from 6:30pm – 7:30pm.

Places are limited to 30 participants (30 e-mail addresses, but both parents/parents and pupils can attend online as a family). If there demand for this we will look to run this at a later date also.

Please enter your details into the following Form to sign up for this:

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKXtLd4MlCCFlpt9s65mZXg5UOEY2WkFFRzdLWUJGNE9WODhHUUs1TlgwRi4u>

St Mungo's High School

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