

RIPLEY ST THOMAS

CHURCH OF ENGLAND ACADEMY

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4 February 2022

Dear Parents and Carers,

Last week I spoke to Year 11 during assembly about their wellbeing and the pressures that they may be feeling as they prepare for their mock exams and ultimately their GCSE Exams in the summer.

I am aware that some may be feeling ok, have structured a revision schedule and feel that they are coping with the pressures of Year 11, although others may be feeling overwhelmed and are struggling.

Whilst we will continue to offer and provide as much support as possible within school, I will encourage pupils to talk to others if they are finding things difficult.

Over the last week form tutors have been asking students to consider an adult member of staff that they would feel comfortable talking to should they have the need, this may be their Progress Tutor, a class teacher, a member of the Pastoral team or the Chaplain.

Our experience tells us that young people may avoid wanting to engage in conversations of this nature, however the importance of having open channels of communication is vital. Chatting whilst out walking, whilst cooking or whilst shopping when there is no direct eye contact, are open situations when the young person feels more relaxed.

I have asked them to record this information on a dedicated page in their journal. I am writing to ask that you, as parents and carers initiate a conversation at home regarding your child's wellbeing. You may consider discussing; friendships, relationships, diet, exercise, stress, school work/revision and Sixth form.

We are all aware of the effects that the pandemic has had upon individuals and I would very much like to work with you to support Year 11.

There are links on the school website to agencies and support groups. I will also be conducting further assemblies promoting good mental health and coping strategies.

Kindest regards,

Mr Wilson

Progress Leader, Y11

Believe.....