



ABINGDON

From: Head of Wellbeing, Paul Gooding

27 April 2023

Exam Stress

Dear parents and carers

For some students, the exam season brings about an added degree of stress and anxiety. If this is the case for your child I would encourage you to read Dr. Dominique Thompson's helpful blog [HERE](#) which has lots of constructive advice for parents and carers. Students also have access to a range of advice and support on various topics through the student wellbeing pages on Firefly. Do liaise with your child's tutors or housemasters however if you have any particular questions or concerns in the coming weeks. I have listed a few more websites below which are also helpful on this topic. Finally, I wish your child every success in the coming weeks and that their efforts will be duly rewarded.

Here are some other useful resources around exam stress that I would also recommend:



['Help your child beat exam stress'](#)

An NHS webpage with info and a useful video



[Young Minds](#)

Results aren't everything! Some great self-care advice



[Parents helpline and web chat](#)

Again, from Young Minds - some contact details for advice, emotional support and signposting

Best wishes

Paul Gooding, Head of Wellbeing
paul.gooding@abingdon.org.uk

Abingdon School, Park Road, Abingdon, Oxfordshire, OX14 1DE

Tel: 01235 521563 Fax: 01235 849079

www.abingdon.org.uk