

## How can I help my child during the exam period?



- Encourage them to eat healthily during revision and exams:
  - ✓ eat plenty of fresh fruit and vegetables.
  - ✓ avoid caffeine as it can make stress worse and dehydrate the brain. This includes soft drinks with caffeine in them.
  - ✓ encourage them to drink lots of water – a well hydrated brain works better.
  - ✓ avoid high energy drinks as they make the blood sugar levels soar and then fall sharply.
- They should keep up with the exercise they do - it gets plenty of oxygen flowing to their brains and can help them relax and sleep better.
- Make sure they know when each of their exams is taking place. It might be useful to put a copy of your child's exam timetable onto a calendar at home or on your phone. This will help them to organise their revision during the exam period.
- Make sure that they get a good night's sleep before each exam. Consider restricting access to the internet/social media/gaming around bed time.
- Be positive - praise them for the effort they have made. If they have worked well they will really appreciate you acknowledging this regardless of outcome.

Although a lot of this is common sense, we hope you find it a helpful reminder. We wish all our pupils well in their exams.

The BRA Wellbeing Committee