



05 March 2026

Dear Parents / Carers,

### **Managing Exam Stress – Parent Webinar**

The exam period can be a challenging time for many young people and supporting them through this can sometimes feel overwhelming. To help families feel more confident and informed, we are pleased to inform you of a free 45-minute webinar hosted by Kooth, a trusted online mental health and wellbeing service for young people.

Webinar: How You Can Support Your Child to Manage Exam Stress hosted by Kooth's Community Engagement Team and a Kooth Clinician

Duration: 45 minutes

Book 9th March, 6:00pm OR

Book 16th March, 7:00pm

During the session, you will hear practical guidance on how to support your child during exam season. The webinar will cover:

- When to take action and how to recognise when stress may be becoming unmanageable
- Practical ideas you can use at home to help your child manage anxiety and maintain healthy routines
- How Kooth can provide additional support, including the tools and resources available to young people on the platform

This webinar is designed to give you reassurance, useful strategies, and a clearer understanding of how to help your child feel more in control during exam time.

Yours sincerely,

Ms H Grover  
**Head of Year 11**

Mr A Wright  
**Head of Sixth Form**

