

THE  
AYLSHAM  
COMMUNITY  
TRUST  
(FAMILIES)

## It takes a Whole Community to Educate a Child

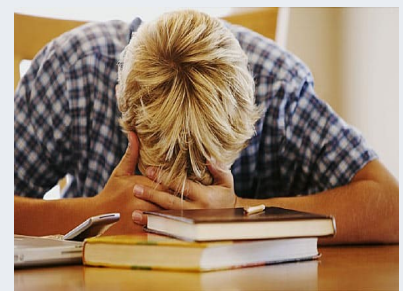
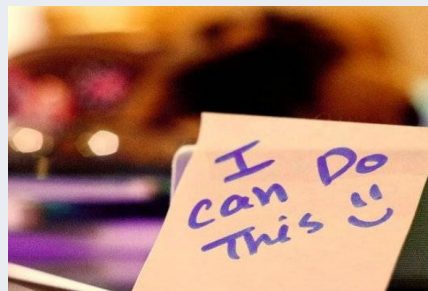
We are delighted to offer parents/carers the opportunity of joining a free online session delivered via Zoom. The session will be led by our Social, Emotional and Mental Health Officer, Sara Dale.

*Zoom can be accessed on a computer, smart phone or tablet.*

### Managing Exam Stress

Wednesday 26th January 2022

9.15 am - 10.45 am



It is very normal for exams to lead to anxiety, stress and worry.

During this session we will be covering the following:

Helping your child develop a mind plan. Top tips to cope with the anxiety and stress of exams for the whole family. Sleeping and eating.

Managing highs and lows and the risk of disappointment.

Where to get help if needed.

Please book your place by contacting Monica Harding our Family Learning Co-ordinator: [mharding@aylshamhigh.norfolk.sch.uk](mailto:mharding@aylshamhigh.norfolk.sch.uk) or telephone/text 07780 887348.