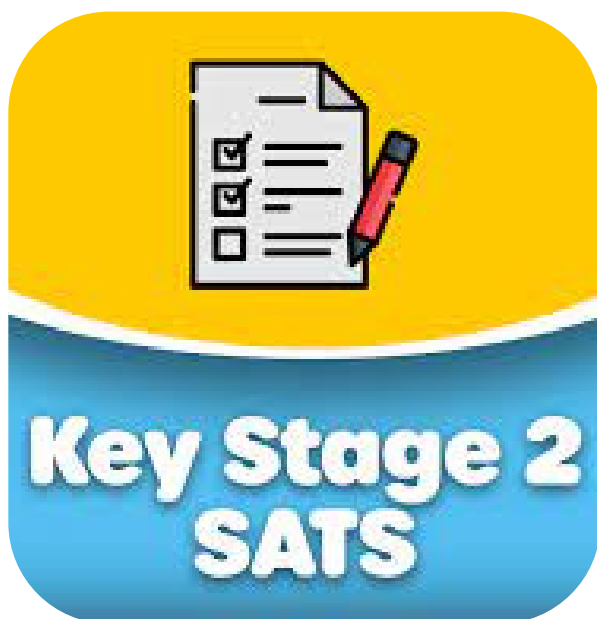


# Well being



Larkholme Primary School

Summer 1



## Well being at Larkholme

Managing SATS Worries:

1. Have a SATs 'reward week' breakfast or dinner (or both!)
2. Talk about their stress and listen to them
3. Find small things that will help them relax
4. Encourage them to exercise
5. Remain positive whenever you are around your child
6. Ensure that siblings are nice throughout SATs week – they might have been there and done it already but they still need to show support!
7. No screens for half an hour before bed
8. Make sure they are in school with plenty of time to spare – no rushing means no stress
9. Make sure they are prepared on the day with everything they will need
10. Go through exam technique with them



### SATS.

Many children can become anxious about tests but we want to help our pupils to develop strategies to manage this anxiety.

During SATs week we will be offering the children breakfast each day and opportunity to check in with a trusted adult.

By Friday lunchtime it will be all over and we will be having a small celebration for the children.



## Well being clinics

If you would like to book a meeting, please contact the office on 01253 874024 and ask to speak with Mrs Mellow.