

Wellbeing Newsletter March 2026

Using Artificial Intelligence (AI) Safely and Responsibly

We have continued to look at the above within our Learning for Life sessions with James, our Chief Technology Officer, delivering assemblies to all year groups on how to use AI to help with ideas. We have also shared with learners that inappropriate use of AI could lead to plagiarism and coursework not gaining any marks from exam boards.

The slogan has been

Use AI to think *better*, not to think *less*.

AI is allowed, but thinking must stay human.

and learners have been reminded that

If AI creates the final assessed content for you, it's malpractice.

	Allowed: Explaining Ideating Improving clarity		Not allowed: Generating final answers Making evaluative decisions Writing full NEA sections for submission
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Exam Anxiety

As we come towards exam season, a number of learners start to feel anxious. Feeling nervous about exams is absolutely normal and we will be signposting learners to support during their Learning For Life sessions.

Parents are key in helping our young people. Firstly, exam anxiety can be more than just nerves. It may include:-

- **Physical symptoms:** headaches, nausea, fast heartbeat, difficulty sleeping
- **Emotional signs:** irritability, low mood, frustration, crying
- **Cognitive symptoms:** "mind going blank", difficulty concentrating, intrusive thoughts
- **Behavioural signs:** procrastination, avoidance, skipping classes, overworking, perfectionism

A moderate amount of stress can be motivating—**but too much stress blocks memory, focus, and performance**, so supporting learners early is key.

Here are some practical strategies that you can use to help in the home.

Create a Balanced Routine

Short revision blocks + regular breaks

- Encourage sleep, hydration, meals, movement
- Schedule downtime (friends, hobbies, fresh air)

Keep Communication Open

- Use calm, supportive language:
“Let’s figure this out together.”
- Avoid minimising: “You’ll be fine”, comparisons, or pressure

Promote Effective Study Strategies

- Active recall, flashcards, past papers
- Small, frequent sessions over long cramming
- Encourage them to explain topics to someone else

Teach Calming Tools

- Deep/box breathing
- Grounding techniques (5-4-3-2-1 method)
- Positive self-talk (“One question at a time”)

3. Creating a Supportive Home Environment

- Quiet revision space
- Calm mornings on exam days
- Reduce household stress where possible
- Celebrate **effort**, not perfection

4. When to Seek Extra Support

Look for:

- Trouble sleeping
- Panic attacks
- Withdrawing from activities
- Persistent low mood or negative self-talk
- Avoiding college or revision completely

Speak to: the pastoral team, teachers, tutors, GP, counsellor (please note that we have a waiting list for counselling services) trusted adult including our Chaplaincy Team and Mental Health First Aiders. If the young person is in crisis or at risk of harm, then you should contact the NHS in the first instance.

You can find some top tips in the articles below.

How We Are Supporting Learners

Alongside Learning for Life, to help young people access safe, reliable information, we are encouraging learners to sign up to [Log In — Peerscroller](#). This is a TikTok-style video platform designed specifically for young people, offering:

- Fact-checked advice and information
- Regularly updated content
- Support on wellbeing, online safety, and current issues

Sign-up code: 422023

Please encourage your child to sign up and engage with this resource.

Useful websites / guides / videos for parents:-

[Help your child beat exam stress - NHS](#)

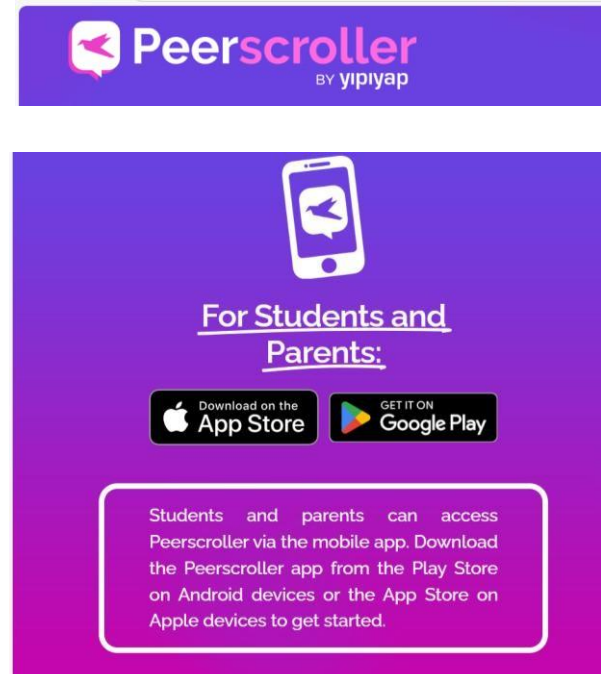
[Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#)

[How to cope with exam stress – The Education Hub](#)

[Exam stress - How can parents help? - BBC Bitesize](#)

[Exam Stress Tips for Parents | GCSE Stress | Supporting your Child | Protecting Mental Health](#)

[Coping with Exam Anxiety' Support & Advice for Young People - YouTube \(webinar\)](#)



The advertisement for the Peerscroller app features a purple gradient background. At the top, the Peerscroller logo is displayed in white and pink, with the text 'BY yipyap' below it. In the center, there is an icon of a smartphone showing the app's interface. Below the icon, the text 'For Students and Parents:' is written in white. Underneath, there are two buttons: 'Download on the App Store' and 'GET IT ON Google Play'. At the bottom, a white-bordered box contains the text: 'Students and parents can access Peerscroller via the mobile app. Download the Peerscroller app from the Play Store on Android devices or the App Store on Apple devices to get started.'