

WELLBEING AND SATS

Support

SATs and wellbeing may not be two words we associate with each other but we should be mindful of them both. Many see SATs week as a very stressful time for children, the teachers and families. Help is at hand and it is never too late to support each other.

Spot the Signs of Stress

As much as you may know the child it can still be challenging to see that the child is stressed. Some examples of stress that may be seen before, during or even after SATs week:

- Not wanting to go to school
- Mood swings which seem like an over reaction
- Change in behaviour that could include sleep, their daily habits, eating also changes in body language and voice
- Lack of self belief and worrying about getting other things wrong or unwillingness to try

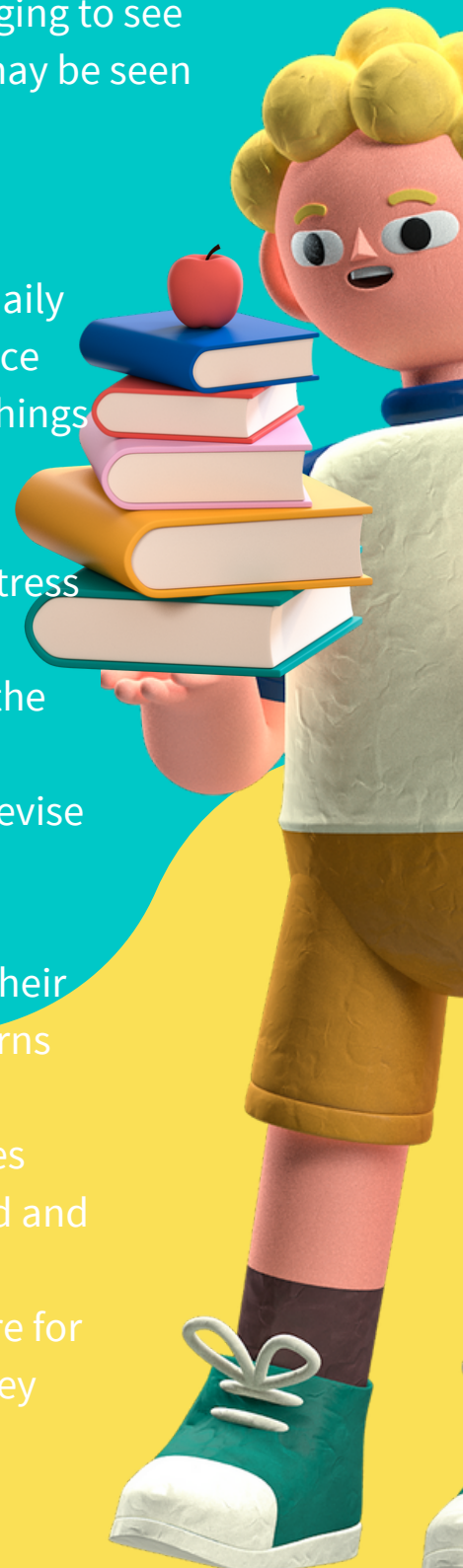
Before SATs

Tips to help the child to be able to relax and reduce the stress of SATs before the tests start:

- Have fun- do activities that take the child's mind off the tests.
- Help them revise - create fun ways to help the child revise for their SATs that are engaging without the added pressure.

Connect - encourage them to connect with you and their friends, talk about their worries, listen to their concerns and share experiences.

- Remind them how amazing they are - talk about times when things were difficult for them but they achieved and got through them.
- Share the bigger picture -Remind them what SATs are for and all the things it cannot measure i.e. how good they are at art, sport, or how much they are loved.



Stress Busters!

- Talk and listen - validate their feelings and provide reassurance.
- Eat well and drink enough - keeping a good routine around meals and eating a balanced diet while drinking plenty of water will support well-being and give them the energy they need.
- Have a reward ready - something for the child to look forward to.
- Make time to have fun - even during the week when the child may be tired allow them to have fun, play, get outside or enjoy some TV.
- Stay positive - when speaking to the child stay positive while understanding how they are feeling at that moment.
- Get some exercise - time to blow off some steam is essential and being outdoors while doing this is extra good.
- A good night's sleep - the child should be having around 9-11 hours of sleep every night.
- Be organised - reduce stress by being prepared for the day ahead, rushing around on a morning will not help anyone.

Useful Resources

The Children's Society. Stress Article - www.childrenssociety.org.uk

NHS. Help Your Child Beat Exam Stress - www.nhs.uk

Kooth.com - online mental wellbeing community

HeadStart - www.headstartsouthtees.co.uk

Remember.....

Don't get stressed,
Just do your best!
Remember you've been
blessed,
With skills that SATs
don't test!

