



Be the Best that You can Be

# Cedarwood School

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## Newsletter

DREAD IT, RUN FROM IT... EXAMS STILL ARRIVE



For some learners (and their parents) the examination period is an extremely stressful time. Stress can lead to sleeplessness, poor eating habits, oversensitivity, changes in mood, sore stomachs, fighting with friends and family, lack of motivation, difficulty making decisions and headaches. It is important that stress is managed effectively during exams so that your child can perform to the best of their ability.



Be the best that you can be

### 3 TIPS FOR KIDS DURING STRESSFUL TIMES (LIKE EXAM TIMES)

#### Take your time

Look after yourself during stressful times – eat properly and sleep enough. Take time to figure out some goals for yourself, put in the hard work towards accomplishing those goals. Relax and do the best with the resources that you've got! Also, you remember more than you think you do. If you forget something, that's ok, just continue with the paper and come back later. Don't rush your work or put pressure on yourself to perform outside of your abilities.

#### Invite conversations with people around you

Please ask for help! Your peers, friends, family and teachers know you well and they want to help reduce your stress. Sometimes the small conversations can be surprisingly helpful in making you feel better. Make time for socializing, even when exams are around the corner!

#### Plan (Always)

Planning is an important feature of growing up. When preparing for exams, plan out a study timetable for the next few weeks. Plan your breaks and rest days too. Find out all the information about your exams from your teacher before you start studying. Avoid studying on the day! Planners feel in control, crammers feel overloaded.



CEDARWOODSCHOOL  
(Association incorporated under Section 21 - not for gain)  
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Umalusi Accreditation No. 17 SCH01 00304





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## 4 TIPS FOR PARENTS DURING STRESSFUL TIMES (LIKE YOUR CHILD'S EXAMS)

### Talk to them

Talking about the exam with your child can relieve stress about exam taking. But perhaps take their lead – sometimes they don't want to talk about it. If your child is struggling, talk to them about it and meet with their teacher or the School Based Support Team to find out the best way to support them through the difficult time.

### Important but not life and death

Encourage your child to do well but don't pressure him/her beyond their limits - this will only contribute to their stress levels. Encourage them to take breaks when they're studying and to do things they enjoy in between. Don't let them lose themselves in the chaos and stress.

### Provide a productive work space

While studying on one's bed may be relaxing, it is ill advised. Provide your child with a quiet, well lit area with little distractions to assist them in studying efficiently. Encourage them to set up their study space with everything they need beforehand and ask the rest of the family to be considerate of this space.

### Space things out

Encourage your child to space out their studying attempts so that they won't be forced to cram on the night before the exam...or the morning of the exams. Help them to design a study timetable and to break down the work into manageable chunks. Ensure they add some rest breaks into the mix too.



Our whole school theme for this year is **Growth Mindset** and the idea is that we want everyone in our school community to hold a mindset that no outcome or attributes are fixed. Even though tough periods will emerge, the C.S. Lewis quote still holds true, "failures are finger posts on the road to achievement".



Growth Mindset



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