

Secondary School Health Nurses

Term 5 May 2023 Newsletter

School Health Nurses are based in secondary schools in Oxfordshire and the contact details for your school nurse are at the end of this newsletter. If you have any health concerns regarding your child please contact us.

Preparing for exams can be stressful, here are some tips for you to share with your young person that Salford NHS have compiled,. You could also point them in the direction of their school nurse.

If you would like some parent specific advice, this [video](#) is excellent, or take a look at the guide for parents on the [Young Minds](#) website.



1 
Make a revision timetable
Help set up your time management. Write down how many exams you have and on which days you have them. Then adjust your study accordingly. You may want to give some exams more time than others, so find a balance that works.

2 
Get enough sleep and drink enough water
Being well hydrated is essential for your brain to work at it's best so make sure you drink plenty of water throughout your studies and on exam day.
Use sleep to your advantage and plan ahead.
Don't over use caffeinated drinks in an effort to stay awake!

3 
Think positively
Remind yourself on how you overcame previous set backs. This will help you deal with future challenges and help build a mental resilience. View the exam as an opportunity or as a challenge.

4 
Take regular breaks
If you were training for a marathon, you wouldn't try to run for 24 hours a day. Likewise, studies have shown for long-term retention of knowledge, taking regular breaks really helps.
Everyone's different, so develop a study routine that works for you and don't feel guilty about being out in the sunshine instead of hunched over textbooks!

5 
Don't compare yourself with others
Remember, everyone's different and everyone studies differently. Focus on yourself and not on others as this will stress you out. Instead, focus on what you can control.

#NATIONALWALKINGMONTH



Walking is the easiest, cheapest, and most accessible form of physical activity and that's why we think it's so important to encourage children to do more of it. A brisk walk of just 20 minutes can have fantastic mental and physical health benefits.

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