

SATS Stress Buster Evening 2019



Mrs Barker
Mrs Brown and Mrs Zaynchkovsky
Nicki Campbell - Relax Kids

Once upon a time, in a deep dark forest, there sat a small, pretty cottage where those that lived within it lived very happily. One miserable, April day all that changed.

There came a loud knock on the door that interrupted the happy, comfortable lives of our cottage dwellers; it was the big bad... SATs!

Now the family had some options; they could run and hide under the covers and pray that the scary predator would go away, they could open the upstairs window and throw bad apples at it and hope that would scare it off for another day, or they could open the door and invite it to tea.

And that is exactly what this *fearless* family decided to do.

The first thing the family did, as they popped the kettle on to boil, was to ask SATs all about itself..

Knowledge, they realised, was their best line of defence.



SATs tests and stress: Children's perspective:

<http://www.bbc.co.uk/newsround/36241744>

Newsround, 2016

What is stress?

We all know what it's like to feel stressed, but it's not easy to pin down exactly what stress means. When we say things like, "This is stressful," or, "I'm stressed," we might be talking about:

- Situations or events that put pressure on us – for example, times where we have lots to do and think about, or don't have much control over what happens.
- Our reaction to being placed under pressure – the feelings we get when we have demands placed on us that we find difficult to cope with.

There's no medical definition of stress, and health care professionals often disagree over whether stress is the cause of problems or the result of them. This can make it difficult for you to work out what causes your feelings of stress, or how to deal with them. But whatever your personal definition of stress is, it's likely that you can learn to manage your stress better by:

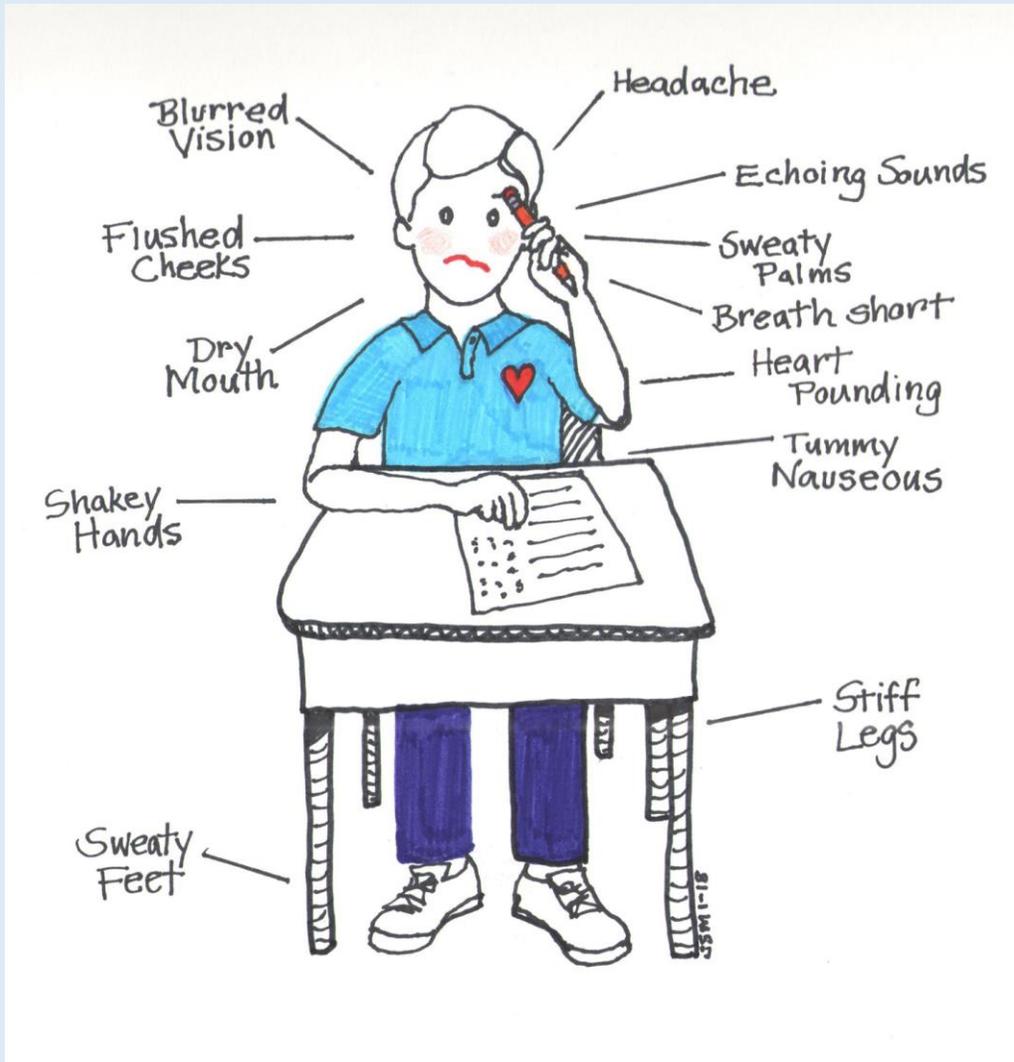
1. Managing external pressures, so stressful situations don't seem to happen to you quite so often
2. Developing your emotional resilience, so you're better at coping with tough situations when they do happen and don't feel quite so stressed

Why does stress affect me physically?

You might find that your first clues about being stressed are physical signs, like tiredness, headaches or an upset stomach.

This could be because when we feel stressed emotionally, our bodies release hormones called cortisol and adrenaline.

This is the body's automatic way of preparing to respond to a threat (sometimes called the 'fight or flight' response). If you're often stressed then you're probably producing high levels of these hormones, which can make you feel physically unwell.



Watch for signs of stress

Children and young people who experience stress may:

- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood

Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective.

Try to involve your child as much as possible.

Top 5 tips for parents and carers:

1. Make sure your child eats well



A balanced diet is vital for your child's health, and can help them to feel well during exam periods.

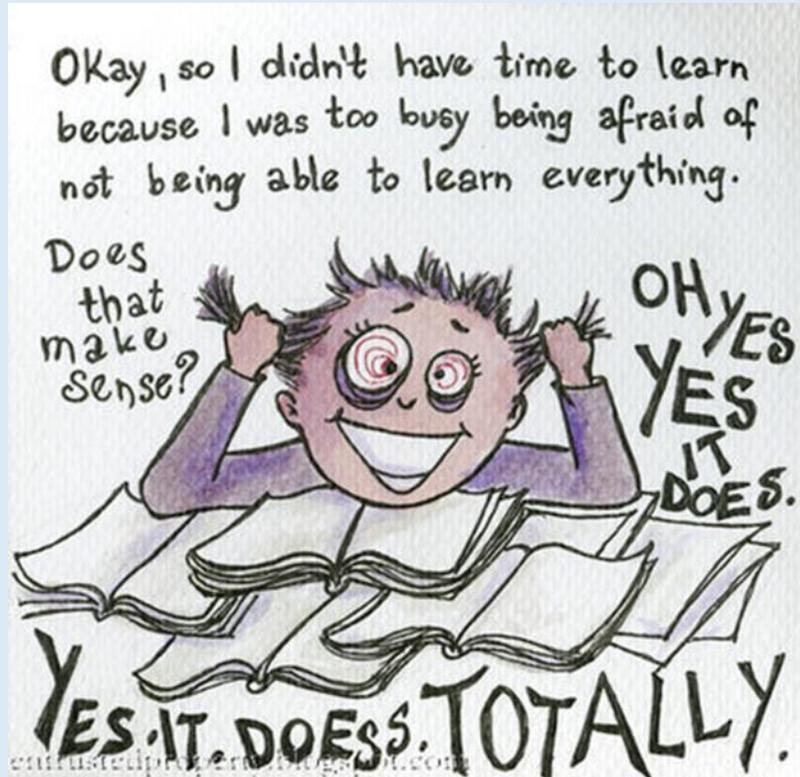
Some parents find that too many high-fat, high-sugar and high-caffeine foods and drinks (such as cola, sweets, chocolate, burgers and chips) make their children hyperactive, irritable and moody.

Where possible involve your child in shopping for food and encourage them to choose some healthy snacks.

2. Help your child get enough sleep

- Good sleep will improve thinking and concentration.
- Most 10 and 11 year olds need between 9 and 11 hours sleep a night.
- Allow half an hour or so for kids to wind down between studying, watching TV or using a computer and going to bed to help them get a good night's sleep.
- Cramming all night before an exam is usually a bad idea.
- Sleep will benefit your child far more than a few hours of panicky last-minute study.

3. Talk about exam nerves



Remind your child that feeling anxious is normal. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.

If anxiety seems to be getting in the way rather than helping, encourage your child to practise the sort of activities they will be doing on the day of the exam. This will help it feel less scary on the day.

Help your child to face their fears and see these activities through rather than escape or avoid them. Encourage them to think through what they do know and the time they have already put into studying to help them feel more confident.

4. Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress. It doesn't matter what it is: walking, cycling, swimming, football and dancing are all effective.

Activities that involve other people can be particularly helpful.



5. Don't add to the pressure

Support group Childline says lots of the children who contact them feel that most pressure at exam time comes from their family.

Try to listen to your child, give support and avoid criticism.

Before they go in for a test or exam, be reassuring and positive. Let them know that failing isn't the end of the world. If things don't go well they may be able to take the exam again.

After each exam, encourage your child to talk it through with you. Talk about the parts that went well rather than focusing on the questions they had difficulties with. Then move on and focus on the next test, rather than dwelling on things that can't be changed.

Tips for coping with stress for children:

- Write down your worries - then throw the paper away or give it to someone you trust
- Use an 'Art box' to draw a picture of how you want to feel or what you want to happen
- Go for a walk or do some exercise
- Listen to calming music
- Play a game to take your mind off your worries and stress for a bit
- Get an early night
- Eat healthy snacks :)
- Remember that everyone's different - try not to compare yourself to your friends.

Relax Kids - Nicki Campbell

Thank you for your time this
evening.