

Ref: KHI/SSA/JCR/ExamStressWorkshop2025

6th October 2025



Barr Beacon School
www.barrbeaconschool.co.uk

Dear Parents/Carers,

Exam Stress Workshop 2025

Your child has been invited to attend an Exam Stress Workshop which will be delivered on Thursday 9th October 2025. This will last 1 hour and will be delivered in school by a member of the pastoral team. We believe that this will be beneficial in supporting them through the upcoming examination process.

During the workshop, we will cover the following topics:

- Understanding why we experience stress
- Noticing the signs of stress
- Understanding the benefits of stress
- Top tips to help them prepare **before their exams**, including how to create an effective revision timetable and revision techniques they can be using to support their retention and recall of knowledge
- Top tips to support them **during the examination process** including reference to mindset, breathing techniques, grounding techniques and useful apps
- Top tips to support themselves **after the exams** have taken place

We will also use this opportunity to signpost pupils to support both inside and outside of school.

If you have any questions, please contact us by postbox@barrbeaconschool.co.uk

Thank you for your continued support.

Yours sincerely,

Mrs K Hibbs
Headteacher



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