



April, 2024

## Year 13: advice and support for students and parents during study leave

Dear Parent/ Carer,

This point of transition in Year 13 from school lessons to study leave can be challenging for some of our students. Whilst some individuals welcome the opportunity to study at home, some find the prospect of a new routine daunting, as well as the reality of exams.

Student wellbeing is, as ever, our priority and with this in mind, we would advise the following for our students so that they can develop healthy and manageable routines.

- Students should use a **revision timetable**, so they know they are going to cover all topics in all subjects. They can still seek support for this at school, but should have a plan in place from the start of study leave
- Students should stick to **productive routines**, getting up early, getting dressed and going to bed at a sensible time.
- **Students should not attempt to work all day every day.** We recommend that students always have one part of the day revision free.
- **Students should have some time away from social media and their phone:** the Forest App is good for students to use if they struggle with this:

<https://www.forestapp.cc/>

- If part time work and socialising normally takes a significant amount of time, this should be reduced or on hold for the next few months
- Students should take daily regular exercise and get outside every day
- Students should eat well and drink plenty of water
- Do check up on your son/ daughter if they work in their room

If you have any concerns about your son/ daughter then encourage them to make contact with their teachers/ tutor or member of the sixth form team. You can always contact us directly:

Louise Thompson: [l.thompson@rugbyhighschool.co.uk](mailto:l.thompson@rugbyhighschool.co.uk)

Thembi Miti: [t.miti@rugbyhighschool.co.uk](mailto:t.miti@rugbyhighschool.co.uk)

Claire Billington: [c.billington@rugbyhighschool.co.uk](mailto:c.billington@rugbyhighschool.co.uk)

Students are welcome to study in school if they prefer and they can still have support sessions with Thembi and meetings with Mrs Thompson if helpful. They can still contact their teachers too, of course.

There are many useful sources of support if you or your son/daughter would like to access them:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

<https://www.mind.org.uk/>

<https://www.qwell.io/>

<https://www.papyrus-uk.org/coping-with-exams-3/>

<https://www.papyrus-uk.org/exam-season/>

<https://www.papyrus-uk.org/managing-exam-stress/>

Thank you so much for all the support of both your young adult and the school. Our hope is that they can work productively and healthily, staying safe and well over the coming months.

Yours sincerely,

Olga Dermott-Bond and the Sixth Form Team



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