

Managing Exam Stress

Understanding how exam pressures impact young people and how we can support them

This training day is part of a series of free CPD events for schools, organised by Wiltshire Healthy Schools and delivered by the Practitioners of the Thrive Project. The aim is to help school staff better identify and address the emotional wellbeing and mental health needs of Wiltshire children and young people. More information can be found here: <https://www.wiltshirehealthyschools.org/partnership-projects/cwmt-school-mental-health-network/>

Designed for: Secondary school staff including support staff, SENCOs, School Health Nurses, Parent Support Advisers, PSHE Coordinators and Teachers

Course Organiser: Nick Bolton, PDE Adviser, Wiltshire Council

Training delivered by: Hayley Cook & Stacey Sapsford, Senior Mental Health Practitioners, CAMHS.

Date Time Venue **Wednesday 22nd February 2017 (13.00 – 16.30) John of Gaunt School Wingfield Rd, Trowbridge. BA14 9EH**

Price: **Free for all schools in the Wiltshire LA and surrounding areas**

Closing Date: 15th February 2017

By the end of the session you will have:

- Increased knowledge and understanding about how exam pressures can affect young people
- Increased confidence in recognising and responding to young people who feel stressed by their exams
- Considered effective strategies that support young people to manage this stressful period

To apply:

Please book online through Eventbrite: <http://bit.ly/2h9m0cP>

For general enquiries about this series of courses: helen.drown@wiltshire.gov.uk