



Mildenhall College
A C A D E M Y

Parents



In The Know

Welcome to this edition of Parents in the Know, your half termly update which supports parents and carers and keeps you up to date with local developments in education and the community.

Exam Stress

Key signs to look out for

Any of the following could be an indicator that your child is beginning to feel stressed or anxious about the forthcoming exams:

- Difficulty getting to sleep or difficulty waking up in the morning
- Constant tiredness
- Forgetfulness
- Poor appetite
- Loss of interest in activities
- Increased anxiety and irritability
- Complaining of unexplained aches and pains
- Complaining of migraines/headaches
- Complaining of blurred vision
- Complaining of dizziness

What to do if you are concerned

Contact your child's tutor so that they can speak to them and offer support and guidance.

If you are concerned at the weekend or during the school holidays, organisations such as The Samaritans (www.samaritans.org) and Young Minds (www.youngminds.org.uk) offer specific help and advice for parents.

How you can support your child

- Encourage them to talk and listen to their concerns.
- Encourage them to plan some 'down time' into their revision schedule; this will help them to be more alert and more effective next time they come to revise.
- Encourage them to take care of themselves, e.g. going to bed at a reasonable time (revision done late at night will not be effective revision), drinking plenty of water

(keeping hydrated helps to keep the brain alert), eating healthily (this provides the brain with essential minerals and nutrients that are needed to keep alert and focussed).

- More advice on how you can help your child can be found on the NHS choices website (<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/>)

Elective Home Education (EHE)

Elective Home Education is where parents choose to exercise their legal right to take responsibility for educating their children at home.

Parents are responsible for ensuring that their children receive a suitable education. While most parents aim to do this by sending their children to school, some parents choose to educate their children at home.

At Mildenhall College Academy we strongly believe that Electively Home Educating your child is often not the best option for them. If you or your child has any issues we encourage you to get in contact with the academy so that we can support you and your family.

The decision to Electively Home Educate your child should not be taken lightly and below are some links to explain the process. Should a child be home educated without a suitable provision put in place then the local authority will

Important Dates:

Wednesday 24th April 2019
Students return to the academy

Monday 29th April 2019
GCSE Languages Speaking and Listening exams begin

Thursday 2nd May 2019
Year 9 Parents' Evening

Monday 6th May 2019
Bank Holiday

Monday 13th May 2019
GCSE and A Level exams begin

take action to ensure that the child is placed back into school.

Suffolk County Council Procedures for EHE.

https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2018-05-01_suffolk_elective_home_education_procedures.pdf

Suffolk County Council Policies for EHE

https://search3.openobjects.com/mediamanager/suffolk/enterprise/files/2018-05-01_ehe_policy.pdf

Email Us!

We would love to hear about how you help to support your children with their studies. Please share any tips or advice that you have and we can print them in the next edition. If you have any suggestions about what information you would like to see in this newsletter, please contact us at: richard.goodenough@mca.atrust.org.uk