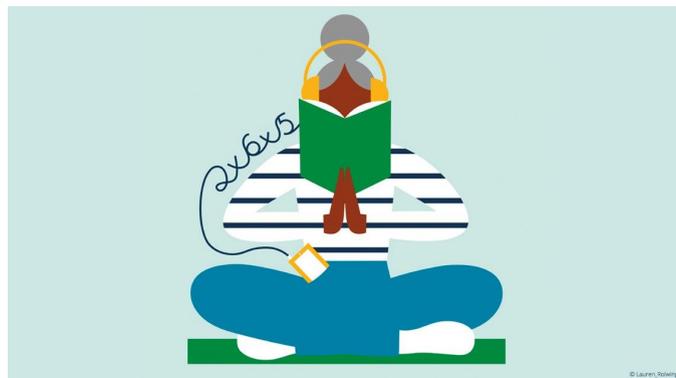




## MAHARISHI SCHOOL

### Exam Newsletter/Update February 2021

Topic	Deadline	Comments
Ofqual Consultation on how GCSE, AS and A level grades should be awarded in summer 2021	Closed 29th January 2021  Review ends 22nd February 2021	We will inform you as soon as we know what the next steps are.
Entries	21st February (changes can be made if needed before this date)	Entries have been completed for year 11
Mocks	22nd - 26th February	Via google classroom
Exams update: google classroom (Exam officer updates)	Pupils & teachers invited 3rd Feb - ongoing	This classroom is for information purposes, documents need to be read by the pupils.



### Support for children & young people

We are aware of the impact such difficult times can have on children and young people's mental health and wellbeing. Day-to-day lives have changed for most people and many children may be struggling with the significant changes. We are focused on supporting children's wellbeing during this time. We've pulled

together a list of resources and support to help children if they are feeling anxious during this stressful time.



## Mental health and wellbeing

Feeling a certain amount of concern or worry is natural when we encounter difficult or unsettling times. We would like to support wherever we can, We've pulled together the below resources suitable for teachers, parents and young people.

### Useful resources:

- [Wellbeing journal for kids \(PDF\)](#) - Outside the Box has produced a free activity journal to help children to enhance their mental wellbeing through a range of activities.
- [Childline](#) - provides support and information about Coronavirus which is updated regularly.
- [Childline Kids](#) - Content targeted to under 12's.
- [Childline Calm Zone](#) - For breathing exercises, activities, games and videos to help let go of stress.
- [Children's Commissioner \(PDF\)](#) - A Children's guide to coronavirus.

There are many resources and apps that aim to reduce stress and help with wellbeing and anxiety. Here are a few:

- [Headspace](#)
- [Calm](#)
- [Stop, Breath and Think](#)



## **Safeguarding & concerns**

For concerns about children who may be struggling with their mental health or anxiety, [NSPCC](#) have advice to help you support them.

You can also take a look at the dedicated [COVID-19](#) space and another useful page featuring [support and tips to help you keep children safe](#), from advice on children's mental health to staying safe online, support for parents and what actions to take if you're worried about a child.

Hope you are well, and keeping safe.

Kind regards

Miss Webster (Exams Officer)