



Course and Conference Programme

The courses and events published in this brochure are those relating to PSHE as of Monday 29 April 2024.

The brochure is updated on a daily basis.

We hope you find this useful.

List of events covered in this brochure:

Please click on the event below to jump directly to the event details. To return to this page afterwards, click on the event title on the details page.

- Mental Health and Wellbeing: Dealing with Exam Stress

Mental Health and Wellbeing: Dealing with Exam Stress

Event Summary	This session will explore a whole-school plan to support students dealing with stress particularly during exam periods. It will also look at strategies to support students individually.
Event description	<p>As the numbers of students requiring exams access due to mental health and decreasing wellbeing increases it has also been reported that school is one of the main causes of stress in students. Developing student resilience and managing stress are key skills that need to be taught in schools and colleges when supporting young people, particularly as they approach key times in their school/college life.</p> <p>This course is suitable for whole-school CPD, which will explore:</p> <ul style="list-style-type: none"> • What is meant by stress - good and bad stress • How stress can present itself • How students can develop good habits and avoid bad habits both in and out of school • Practical ideas to support students when they are feeling stressed • How to develop a whole-school wellbeing module around exam stress • Avoiding pitfalls during the academic year. <p>Following on from this course you will receive a bank of ideas and strategies, which can be used with your students who suffer from exam stress and during lessons when teaching about managing stress.</p>
Learning Outcomes	<p>By the end of this course, you will be able:</p> <ul style="list-style-type: none"> • To support all your students when dealing with exam stress • To implement a whole school/year module around exam stress • To identify places where students can ask for help • To support your students in developing good habits particularly during exam season.
Subject Areas	Leadership & Management / PSHE / Safeguarding
Key Stages	KS2 / KS4
Type of school	Junior / Primary / Secondary
Target audience	Leadership / NQT / SENCo / Teaching Assistant / Teaching staff
Trainers	Maria Thomas

Start Date	Location	Times	Event Code
2 Jul 2024	Juniper	15:30 to 17:00	CPD 24/017

This information is issued by Juniper Education.

Juniper Education supports schools with the key professional services that impact on learning. These include:

- School Effectiveness+
- Clerking Agency
- Education Consultancy
- Education Finance Support
- Education HR
- Governor Services
- Training and Development
- School Library Service
- Target Tracker

For more information about Juniper Education please contact us:

By email:

enquiries@junipereducation.org

Visit our website:

junipereducation.org

By telephone:

0345 200 8600

On Twitter:

[@junipered](https://twitter.com/junipered)

By post:

**Juniper Education,
Seax House,
Victoria Road South,
Chelmsford, CM1 1QH**