



Midhurst Rother College

The best in everyone™

Part of United Learning

10 June 2026

Dear Parents/Carers

Exams Week 15 – 19 June 2026

Next week we'll be in the middle of our whole-school Exam Week. Many students have been putting in a lot of effort with their revision, and it's great to see them starting to adopt the same focus and approach that our Year 11 and Year 13 students have shown so well recently.

This exam week is a valuable opportunity for students not only to consolidate what they've learned this year, but also to get a feel for formal exam conditions ahead of future exam seasons.

We recognise that this time can bring some nerves, and that's completely normal. To support you, we've included some guidance on how you can help your child if they are feeling anxious in the lead-up to their exams (pages 3 & 4 below).

Please can you ensure your child comes to school each day with the following:

- Pen, pencil, ruler, calculator
- Highlighter
- A reading book
- Revision materials / exercise books
- A bottle of water and food (the canteen will be open as usual)
- PE kit on days when there are whole year group PE sessions

Please also find below a reminder of the exam week timetable for Year 7

| | Periods 1 and 2 | Periods 3 and 4 | Periods 5 and 6 |
|---------------|----------------------------------|------------------------|-----------------------------|
| Monday | Assembly and Tutor time revision | History (60 mins) | Science - Biology (30 mins) |



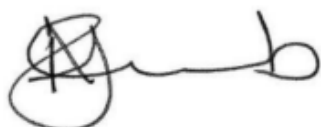
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|------------------|----------------------------------|---|---------------------------------------|
| Tuesday | Drama (30 mins) | Music and Computing (30 mins & 40 mins) | Religious Studies (45 mins) |
| Wednesday | English 1 – Reading (50 mins) | Geography (45 mins) | Maths 1 - Non-calculator (45 mins) |
| Thursday | Science - Chemistry (30 mins) | Maths 2 - Calculator (45 mins) | <i>Whole year PE session</i> |
| Friday | English 2 – Writing (45 mins) | Science - Physics (30 mins) | French (60 mins) |

Yours sincerely



Mr Ashley Lamb
Head of Year 7

Supporting your child with anxiety during: exam season

Simple techniques to try together



Box breathing

Helps slow the nervous system

- Breathe in for 4
- Hold for 4
- Breathe out for 4
- Hold for 4
- Repeat for 1–3 minutes



Body scan

Good before bed or after revision

- Close eyes if comfortable
- Notice each body part from feet to head
- Gently tense for 2–3 seconds, then relax



Movement

Helps burn off energy and adrenaline

- A quick walk or run
- Star jumps or stretching
- Dancing to music



Worry time

Stops worries taking over the day

- Set aside 10–15 minutes daily
- Write or talk through worries only then
- When worries pop up later, say: "We'll save that for worry time"

Parent resources:

[Parent Toolkit](#) on Mental Health in Children & Young People from Place2Be, Young Minds, Kings Maudsley Trust

[Parenting Smart](#) from Place2be

[Anna Freud family wellbeing resources](#)



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Remember

Your calm presence matters more than perfect advice. Let your child know, often, that they are loved, supported, and valued, whatever the results.



Supporting your child with anxiety during: exam season

Exams can bring pressure, worry, and big emotions. A small amount of stress is normal, but when anxiety feels overwhelming, your support can make a real difference.

How anxiety might show up



Worry excessively about results or “getting it wrong.”

Avoid revision or become very perfectionistic.

Struggle with sleep, concentration, or mood.

Experience headaches, stomach aches, nausea, or tiredness.

What works best at home



Reassure without dismissing
“I can see this feels really hard.”
avoid “Don’t worry” or “It’s not a big deal.”

Focus on effort, not grades
Praise preparation, persistence, and small steps.
Remind them exams don’t define who they are.

Keep routines steady
Regular sleep, meals, breaks, and movement.
Calm evenings where possible.

Break revision into chunks
Short sessions feel more manageable
and build confidence.