



Hanley Castle High School
and Sixth Form Centre

Year 11 Information Evening

Supporting Mental Health

11th October, 2023

Jan Mason
Head of Key Stage 4





Hanley Castle High School
and Sixth Form Centre



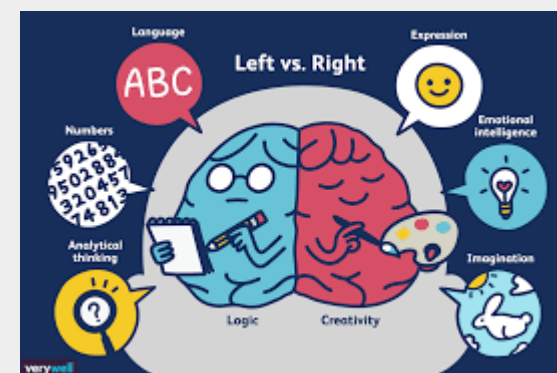
Stress Vs. Anxiety



***I want my
children to be
independent
headstrong
people.***

***Just not while
I'm raising
them.***

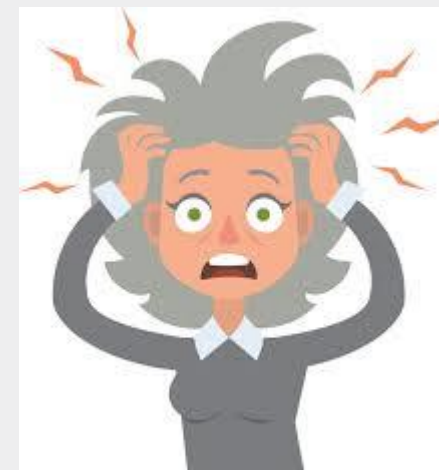
WWW.ISHOULDHAVESAID.NET



HUET

THE HANLEY AND UPTON EDUCATIONAL TRUST

Belong Aspire Achieve





What can we do about stress?

stressful day TO-DO LIST

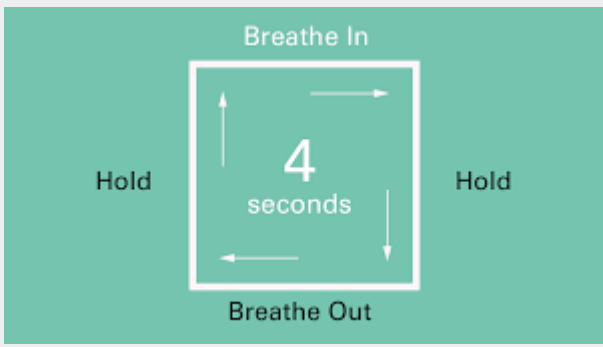


Stress kills brain cells; a calm environment permits their growth.

Your immune system does not work as it should when you are stressed

Laughing lowers stress hormones and strengthens the immune system

@positivelypresent on
Instagram



Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1						
2						
3						
4						
5						
6						
7						
8						



HOW TO MANAGE EXAM STRESS



School
re



**“The greatest weapon
against stress is our
ability to choose one
thought over another”**

