



AMDG

Wellbeing planner – Key Stage 4 (2018-19)

The wellbeing planner is an attempt to highlight certain times of the year when students may begin to feel under increased pressure. This allows students and parents to plan for stressful events and put in place strategies to prepare and manage different challenges. It also serves as a reminder that stressful events are often short-lived. All staff at Wimbledon College are aware of these periods and are available to offer encouragement, guidance and support. Further support is also available under ‘parents’ link on the College website.

	Sept	Oct	Nov	Dec	Jan	Feb	March	Apr	May	June	July	Aug
10	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress
	Transition	Half term grades		Term grades		Half term grades Ski Trip to Austria	Parents evening	Half term grades	Half term grades	Internal Exam week	Work experience	
11	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	Low stress	High	High	High
	Transition	Half term grades		Term grades		PPE week 1 PPE week 2 Half term grades	Progression interviews	Half term grades	GCSE Exams begin	GCSE Exams	GCSE Exams	GCSE results day

