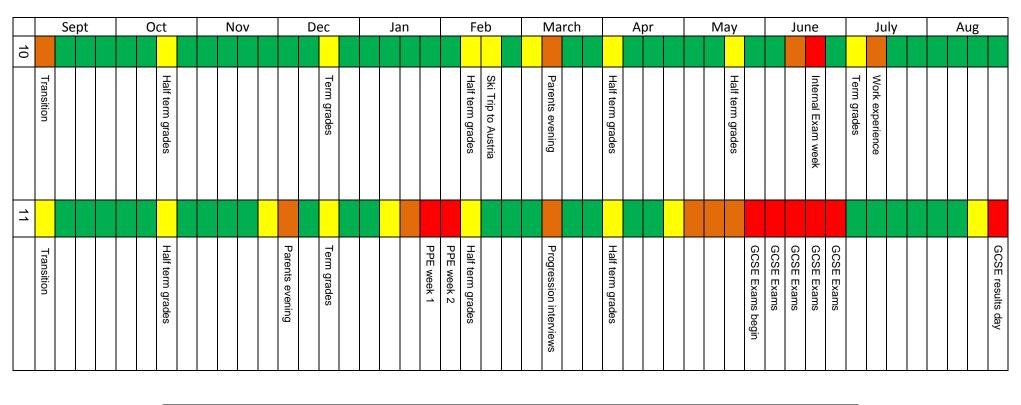


AMDG

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.



Moderate

High

Some stress

Low stress