



AMDG

Wellbeing planner – Key Stage 3 (2018-19)

The wellbeing planner is an attempt to highlight certain times of the year when students may begin to feel under increased pressure. The planner 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 the ‘parents’ link on the College website.

	Sept	Oct	Nov	Dec	Jan	Feb	March	Apr	May	June	July	Aug
7	Transition	Parent/tutor meet	Half term grades	Term grades	Half term grades	Parents evening	Term grades	Half term grades	Exam week	Term grades		
8	Transition	Half term grades	Parents evening	Term grades	Half term grades		Term grades	Ski trip to Austria	Half term grades	Exam week	Term grades	
9	Transition	Half term grades		Term grades	Options evening	Parents evening	Options deadline	Term grades	Half term grades	Exam week	Term grades	
			Low stress		Some stress		Moderate		High			