

Stuart Roberts – CEO
Wayne Cooper – Principal
Bridle Road, Croydon CR0 8HQ
Telephone 020 8777 2808
Fax 020 8777 4880
info@forestacademy.org.uk

1 April 2019

Dear Parents and Carers

Year 6 SATs Week – begins Monday 13 May 2019

We are aware that the Year 6 SATs tests are fast approaching and we want to try and make this time as smooth as possible for all our pupils.

Over the years we have experienced pupils' absences with headaches and tummy aches etc. (even nosebleeds) due to the anxiety of the tests and pressure of revision.

We would encourage parents and carers to try and manage these symptoms and keep the children's routine as normal as possible. Often with medication and being with their friends at school the symptoms will subside.

We have found, in the past that parents have said removing electronic devices from the children's bedrooms, helps them relax and get a good quality night's sleep. Also, try to get a healthy balance between revision, exercise, fresh air and a good diet.

We are sure you are doing everything you can at home to help ease any anxiety, but please do not hesitate to contact the school for any further help, advice or assistance.

Yours sincerely

Mr. W. Cooper
Principal