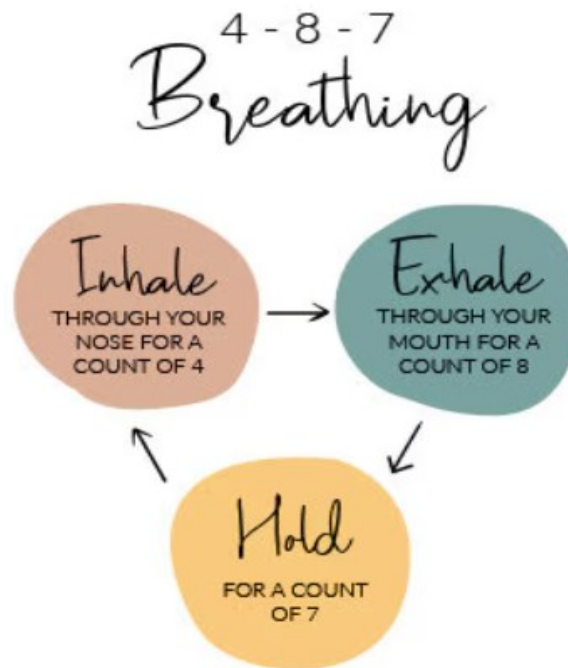


While it's important children go through the process of sitting the SATs, it is absolutely crucial they do so with the minimum of distress. □ SATs should not:

- ♦ Affect a child's appetite.
- ♦ Affect a child's ability to sleep.
- ♦ Alter a child's personality.
- ♦ Induce panic, tears or disengagement from lessons.
- ♦ Be a reason not to attend school.

□ If this happens, SATs may cause an excessive degree of □ emotional distress; children may need some extra intervention. For example: from school, Young Hackney, First Steps or Specialist CAMHS (Child and Adolescent Mental Health Services).

Direct any questions or concerns you have about SATs to your child's teacher, rather than worry your child with them.



CHECK-IN

HOW ARE YOU FEELING?

BREATHE

Take a moment to breathe in and out and ground yourself

FEEL

Check-in with your mind and body. How are you feeling today?

THANK

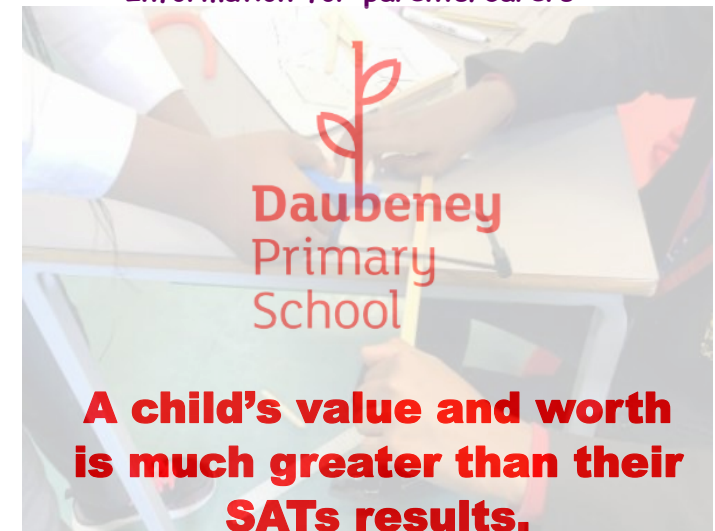
What things can I name that I am grateful for today?

WANT

Is there something you want to accomplish or do today?



Information for parents/carers



It would be unnatural for SATs not to induce a certain degree of anxiety.

- ♦ A small amount of anxiety is normal and not harmful.
- ♦ Remember some children also look forward to SATs and enjoy the challenge!

SATs don't tell the whole story!

SATs focus on what children know about Maths and English.

- ♦ They won't reflect how talented our children are at Science, Geography, Art or PE.
- ♦ They certainly won't highlight positive personal characteristics such as kindness and integrity.
- ♦ They certainly won't highlight the enthusiasm and humour that teachers see from your child each morning.
- ♦ SATs help secondary schools understand children a bit better, ready for when they start.



What can parents/carers do to help:

Support your child by:

- ♦ Teaching them skills to communicate how they are feeling.
- ♦ Encourage conversations about how you are feeling.
- ♦ Teaching positive coping skills on how to manage their feeling when they encounter something difficult.
- ♦ Encourage your child to talk to their teacher or another adult they trust if they experience persisting anxieties about SATs.
- ♦ Emphasise that everyone will get different results, as it's an individual experience.
- ♦ Frame SATs as assessments to see how much has been learnt at primary school.



- ♦ Remember alternative activities at home are also important:
- ♦ Encourage outdoor activities.
- ♦ Do creative activities together.
- ♦ Ensure getting some rest and calm time is also prioritised.
- ♦ Plan something nice and fun for the weekends before and after SATs this will help your child start the week well and also give them something to look forward to.
- ♦ Offer praise and encouragement at every opportunity: children love to hear that you are proud of them.
- ♦ Reassure children that the outcome of SATs is not an indicator of what they may go on to do later in life.

