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Coping with Exam Stress

Some exam stress can be helpful—it motivates us, but too much can be harmful. Here are some top resources and tips to support your child's wellbeing during exams.

Wellbeing Apps:

- **Stop Breathe and Think**
For emotional wellbeing and mindfulness breaks.
- **Forest**
Encourages focused study while growing a virtual forest.
- **Headspace**
Guided meditations for stress relief.
- **Sleep Cycle**
Tracks and improves sleep patterns.
- **Evernote**
Get notes organised.
- **Quizlet**
Flashcards, quizzes, and learning tools.

Top tips for exam prep:

- Make a revision timetable.
- Use to-do lists and celebrate completed tasks.
- Take 5-10 minute breaks every 45 minutes.
- Eat slow-energy foods (e.g. bananas, pasta) and stay hydrated.
- Get good quality sleep to support memory and wellbeing.
- Break study sessions into smaller manageable chunks.

We wish all those sitting exams good luck!

Learner Support Fund

We offer a bursary scheme for eligible students to help with the cost of travel, meals, course materials and childcare.

For 2025/26, returning students with no changes to their details can complete a declaration form to streamline the application process.

Details of how this can be done will be shared via student email, available from 12 May 2025.

For further support please contact our team direct on studentfunding@barnsley.ac.uk.



COMING UP IN TERM 3

> June – Pride Month

Celebrating and supporting our LGBTQ+ students and community with events and educational campaigns across College.

Safeguarding

Understanding Online Harms

Online harm refers to any kind of negative or dangerous experience that happens through the internet.

It can take place on any internet-connected device, including computers, smartphones, tablets and gaming consoles. These risks can occur in many places—such as voice chats during online games, messaging apps, email, social media, and even comment sections during live streams.

Young people can be exposed to a wide range of harmful content and behaviour online. This includes things like abuse in any form, cyberbullying, harassment, racism, misogynistic or abusive language, exposure to pornography or violent content and material that promotes self-harm. It can also involve more serious criminal activity, such as the sharing of illegal images, grooming, exploitation, radicalisation and the sale of illegal goods or services.

Even trolling or the spread of false information (disinformation) can be damaging.

Online harm also includes online hate which refers to any kind of hateful, threatening or abusive content shared on the internet. This can be directed at individuals based on their race, religion, gender, sexuality, disability or appearance.

As a parent or carer, one of the best ways to support a young person's safety and well-being online is by staying informed and keeping open, judgment-free conversations about their digital life. This means not only knowing which social media platforms or apps they're using but also understanding the type of content they're engaging with—and even the language and emojis they use. Online communication moves fast, and some symbols or phrases can carry meanings that aren't always obvious.

By showing interest in their online world, you're not just monitoring—you're building trust and creating space for them to talk to you if something ever makes them uncomfortable.

Reporting a Concern of Online Harm or Abuse

Parents and carers can seek support from college staff if they have any concerns relating to online harm or abuse by contacting the Central Safeguarding Team on 01226 216142 or

Other important contacts if required are:

The police for non-emergencies on 101 or for emergencies on 999.

NSPCC to discuss any concerns about online harms and abuse who can signpost to a range of reporting services and support.

True Vision to report online hate content.

Internet Watch Foundation (IWF) to report child sexual abuse images and videos and seek assistance to remove them.

Child Exploitation and Online Protection Command (CEOP) for concerns linked to the way someone has been communicating with a child or young person online.

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