

Dear Parents

Happy New Year and welcome back to the new term. We hope you had a wonderful break and got to spend time with friends and family. Please see support for you and your Child's Career development.

Starting the new year well (Y10-Y13)

January's a great time to focus on positive changes for better health, but it doesn't necessarily mean making drastic changes. Our 50-day wellbeing challenge suggests simple activities to try each day which support mental and physical wellbeing and can easily be incorporated into daily habits. It can also be a bonding experience for parents and teens to try together.

Share our 50-day wellbeing challenge with your students and see if they can take one small step each day to improve their mental and physical wellbeing. Great to do either at home or at school and a fantastic way to learn new habits that have a big impact. [50 days to improved wellbeing – free download](#)

Study and revision (Y10-13)

Setting the right environment for success

Examination time always comes round quicker than students expect, so it's never too early for them to start getting into some good revision habits, alongside their usual homework. Most revision takes place at home, and parents can give a great deal of support by helping them establish habits that will support their studies, not only with revision but with good lifestyle routines, such as being active, eating well and getting enough sleep. January symbolises a fresh start for many people, so this is a good time to share [The Parents' Guide to Homelife and exam revision – GCSE](#) or [The Parents' Guide to Homelife and exam revision – sixth form](#) (free to school members).

How to help teens study

Parents can't revise for their teens, but there are plenty of ways they can support them in practical ways to improve study techniques. Why not share some of these articles?

- [The Parents' Guide to teaching your teen to revise well](#)
- [The Parents' Guide to Five proven strategies to helping your teen with revision](#)
- [The Parents' Guide to creating a revision timetable](#)
- [The Parents' Guide to making study interesting](#)

Study hacks

This month, we're dedicating our social media to study hacks – tips to help teens revise more effectively and enjoy it more. Using better techniques should make studying easier and help them remember what they've learned. Not all study hacks are directly related to study! Hunger, tiredness, and thirst are enemies of a sharp mind, so some of our hacks relate to general wellbeing. Why not join us on [Twitter](#), [Facebook](#) and [Instagram](#) and please encourage your parents to follow us too.

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Standing out from others (Y10-Y13)

Getting broad experience helps with applications – whether that's for jobs, apprenticeship or further education. Qualifications are important, but so is what's happening outside the classroom too. Parents might be interested in buying [The Parents' Guide to Standing out from the crowd](#), which contains suggestions for activities teens can enjoy – explaining why they might also prove useful in helping them stand out from others, and identifying which soft skills and character traits they'll develop in the process (*free to school members*).