The Fallibroome Academy

a place for excellence

Mr Picksley

Y11 Information Evening

Sept 2026

GCSEs – Common Challenges

Exam pressure & coursework demands

Decisions about future pathways

Balancing school, friends & home life

Stress, anxiety or low motivation

Tiredness & organisation struggles

These challenges are normal and expected

With the right support, students can thrive

The Fallibroome Academy

Wellbeing Foundations for GCSE Students

Key Areas:

- **Sleep** – 8–10 hours helps concentration, memory, and mood
- **Nutrition** – balanced diet fuels energy and focus
- **Exercise** – regular activity reduces stress and improves mental health
- **Time Management** – structured routines prevent overwhelm
- **Mental Health** – talk about worries, access support early

Quick Tips:

- Encourage consistent routines
- Breaks during study are important
- **Reach out to staff if concerns arise or there are any changes that may affect your child's study**

The Fallibroome Academy

Key Contacts for Support in school

- **Form Tutors** – first point of contact for general support
- **Subject Teachers** – email directly with course questions (all addresses on school website)
- **Pastoral Support** – Mr Picksley & Miss Whittaker
- **Careers Adviser** – Tina Ross (RSS)

The Fallibroome Academy

School Counsellor

Based in Inclusion (D: block)

Parent/student requests via Mr Picksley & Miss Whittaker.

*the student need to agree to it.



Drop Ins available:

Monday, Wednesday, Thursday & Friday Lunch-times: 1pm - 1:30pm

The Fallibroome Academy

Local Macclesfield Services

Just Drop In:

Offers free counselling for young people aged 12-24, along with wellbeing groups and family therapy. You don't need a GP referral to contact them yourself.

- **Contact:** 01625 665079 or 07718 425405 (message).

NHS Children and Young People's Mental Health Service (CAMHS):

This service provides support for children and young people aged 0-18.

- **How to Access:** A GP, social worker, or other health professional can make a referral for you.
- **Contact:** 01625 712042 or cwp.camhs.macc@nhs.net

The Fallibroome Academy

Thriving in Year 11

We are here to support every student to reach their potential

Keep communication open with form tutors, subject staff, and pastoral team

Encourage healthy routines: sleep, diet, exercise, and breaks

Together, we can help students grow academically, socially, and personally

The Fallibroome Academy

The Fallibroome Academy

a place for excellence

Mr Picksley

Y11 Information Evening

Sept 2026