

Did you know?



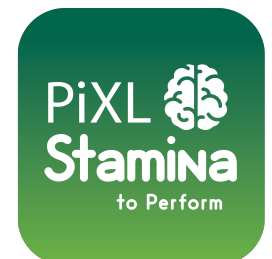
PiXL Endurance is a strategy designed to help students develop exam-related stamina and resilience in the period before they take their exams. Research shows that many students face mental health issues and struggle to deal with pressure, expectations and feeling overwhelmed.

PiXL Endurance is made up of three parts – PiXL Stamina to Perform (Currency), PiXL Prepare to Perform (Character) and PiXL Power to Perform (Culture).

- PiXL Stamina – These are strategies to support students to think under pressure.
- PiXL Prepare to Perform – This is a focus on mental preparation and good habits and behaviours.
- PiXL Power to Perform – This is a focus on health and physical wellbeing.

Students will be sitting exams for a longer period which will be harder. Students need to understand how to look after themselves both physically and mentally by developing healthy habits, so they are in the best possible state to perform.

What can you do?



- Support your child to develop mental stamina to succeed. Encourage your child to use the PiXL Independence and Knowledge resources to help them prepare for and revisit learning. Watch the PiXL videos from athletes with your child to help inspire them to develop resilience and stamina.
- Read through the 'Prepare to Perform' parents' presentation to understand how you can help your child to perform. Encourage and support your child to keep active, eat healthily, get enough sleep, unplug from technology, stay focused, set goals, believe in themselves and to relax. Be a role model to your child by leading a healthy active lifestyle yourself. Encourage your child to use the Prepare to Perform student booklet to help them prepare for exams.
- The more physically fit we are, the better the brain can function. Encourage your child to exercise regularly and to eat healthy meals and snacks. Watch the Power to Perform videos with your child, which provide short exercise workouts and recipes to try out from industry experts. Encourage your child to have a 'digital detox' and to get up and do something active instead.