

## KS2 Sats

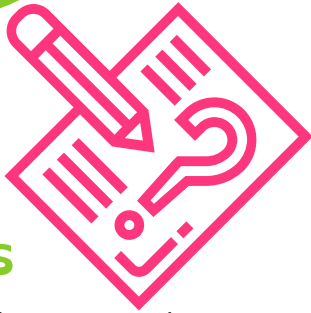
Now you're at the stage where you will be hearing about, practising for and possibly worrying about your KS2 SATs.

Hearing the word SAT's can be a trigger for stress, even your parents and teachers can feel this. One key point to always focus on is this: - The outcome of SATs is not an indicator of what you may go on to do later in life.

SAT's are a way to measure learning and outcomes not to dictate your future.

Every one needs to do them but everyone will get very different results, this is fine, this is normal. Try not to compare yourself, we all have different strengths - think of yours and how you can use them.

Food, drinks, movement and sleep can all help you to perform to your best.



## Coping with Pressure



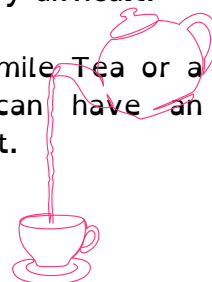
There's lots of ways we can help our body to cope with external pressure - the key is to keep the pressure within context and not let scary, negative thoughts get the better of us.

Moving our body is a great way to literally shake away pressure and worries - being active releases Endorphins - these are chemicals which act as natural mood boosters. It doesn't have to be a lot but moving really helps!

Food and drink certainly has a role to play in managing the pressure and helping us to cope and do our best.

The easiest thing to do is to make sure you drink plenty water - when you drink enough water, it's easier to deal with things that might make you feel worried. When you are dehydrated, stress can increase and concentrating can be very difficult.

A warm cup of Chamomile Tea or a warm glass of milk can have an immediate calming effect.



## Sssshhhh....

One big difference is the environment for the SAT's. This is very different to a normal classroom environment and will be different to what you are used to.

Quiet halls can make people nervous and by being nervous you can forget the simple things you normally remember, this can then make people panic. None of these feelings will make your brain engage - we can help your brain get used to working in quieter situations so that you are more prepared for the day.

Create some time for yourself to be silent and free of technology, just for short periods of time, use this time to do some fun activities you enjoy - drawing, writing or sums (this can be calculating football or F1 rankings, anything can be maths!) as long as your environment is silent.

If you feel nervous try moving around before you go in - being active helps to squish those nerves and boost concentration levels.

Fuel up to keep calm - a good option is a banana. Bananas help boost production of Serotonin, this is a neurotransmitter which helps us to feel calmer and more relaxed,



## So much to remember



It can feel overwhelming but our brains are like a super computer with lots of storage space. Let's look at how foods support with memory and help it out.

Have some Blueberries - these tiny superfoods are packed with antioxidants that can help improve your memory and concentration. You can eat them on their own, add them to yogurt, or sprinkle them on cereal.

Foods rich in Vitamin C help to boost the production of neurotransmitters like dopamine, serotonin, and norepinephrine which are all essential for mood regulation and memory function.

Lots of foods are rich in Vitamin C but the top foods are kiwi fruit, an orange, some strawberries, peppers and melon - so a memory boosting snack would be a piece of fruit.

If you don't have fresh fruit to hand good memory boosting snacks are dried fruit, pumpkin seeds, dark chocolate and nuts (though no nuts in school).



## Tummy Worries

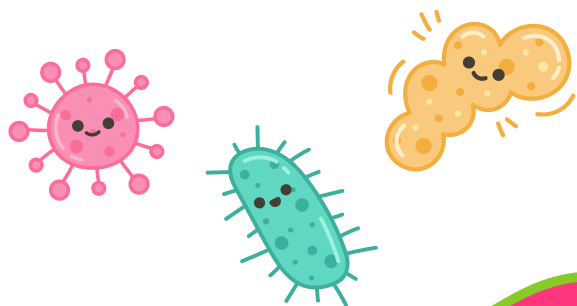
Year 6 is an exciting time but it's also a time of change. For many (us grown-ups too) change can be worrying and if we allow them to, worries can gather and grow until we start to feel unwell, especially in our tummy.

Being stressed and worried can affect our gut health and make us feel out of control with our emotions and have tummy aches.

Inside our gut is a wonderful world of bacteria - our gut microbiome. There's also a huge network of neurons that can send messages from our gut to our brain making our gut and emotions directly linked.

A great place to focus on to manage your worries and emotions is to consider 'Gut Guardians' foods and drinks which help boost 'friendly bacteria' in your gut.

Eating foods that are good for your tummy, like yogurt and drinks with friendly bacteria in (live cultures), helps keep everything calm and peaceful inside.



## Thank you to our sponsors

Thanks to these fabulous sponsors we have been able to create and print these information sheets for you. They understand the important role that food has in childhood development and how a good diet can help with future life outcomes. Thanks very much - you're all amazing!



The nutritional content, writing and creation of these leaflets is done by me, Louise Mercieca, a Nutritional Therapist on a mission to bring nutrition education and biology to the forefront of society because what we eat affects how we think, move and feel.

