

Harris Church of England Academy

Harris Drive, Overslade Lane, Rugby, Warwickshire CV22 6EA
Telephone: 01788 812549
office@harriscofeacademy.co.uk | www.harris.covmat.org
Headteacher Mrs Roberta Harrison



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Y11 - GCSEs

Please see below some links that you and your child might find useful in managing stress levels during exam season.

[Exams | Harris Church of England Academy \(covmat.org\)](#)

[How to help your child manage exam stress](#)

[Parent's Guide to Exams | The Children's Society](#)

[Navigating exam season: Supporting your child to beat exam stress](#)



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