



Health and Wellbeing

Article planning bank: later school starts

Exam-style article task

Your class has recently discussed whether school should start later in the morning. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about later school starts to help you:

'Teenagers need more sleep.'

'Students would concentrate better.'

'Parents may find it difficult.'

'After-school activities would finish later.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / wellbeing phrase / contrast Title idea:	☐ Too early to learn? ☐ Sleep first? ☐ A later start?
Introduction	Context: school start times; sleep, concentration and routines Hook: question / direct address / lively opening statement My angle:	☐ Every morning,... ☐ Many teenagers... ☐ This matters because...
Health benefits	Idea: teenagers need more sleep Example / detail: Extra idea: students would concentrate better Detail / example:	☐ One benefit is... ☐ For example,... ☐ This could improve...
Routine concerns	Concern: parents may find it difficult Why / effect: Another point: activities finish later Possible response:	☐ However,... ☐ A practical issue is... ☐ One compromise is...
Final view	My opinion: Closing message: should school start later?	☐ In my view,... ☐ Overall,... ☐ Schools should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

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Health and Wellbeing

Article planning bank: mental health breaks

Exam-style article task

Your class has recently discussed whether students should have short mental health breaks during busy school days. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about mental health breaks to help you:

'A short break can reduce stress.'
'It could help people focus again.'

'Some students may waste the time.'
'Teachers already have a lot to fit in.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / calm phrase / strong opinion Title idea:	☐ Time to pause? ☐ A break for the brain ☐ Could five minutes help?
Introduction	Context: mental health breaks; stress, focus and lesson time Hook: question / direct address / lively opening statement My angle:	☐ School days can be... ☐ Stress affects... ☐ This matters because...
Wellbeing benefits	Idea: a short break reduces stress Example / detail: Extra idea: people can focus again Detail / example:	☐ One advantage is... ☐ For example,... ☐ This can help...
Concerns or limits	Concern: some students may waste time Why / effect: Another point: teachers have a lot to fit in Possible response:	☐ However,... ☐ The concern is... ☐ To make it useful,...
Final view	My opinion: Closing message: how could breaks be used sensibly?	☐ In my view,... ☐ Overall,... ☐ Short breaks should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

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Health and Wellbeing

Article planning bank: daily exercise

Exam-style article task

Your class has recently discussed whether students should do some exercise every school day. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about daily exercise to help you:

'Exercise improves mood.'

'A short walk would be enough.'

'Not everyone enjoys sport.'

'There is already too much pressure.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / health phrase / contrast Title idea:	☐ Move every day? ☐ Exercise without pressure ☐ Better mood, better school?
Introduction	Context: daily exercise; mood, sport and pressure Hook: question / direct address / lively opening statement My angle:	☐ Everyone knows... ☐ At school,... ☐ This matters because...
Health benefits	Idea: exercise improves mood Example / detail: Extra idea: a short walk would be enough Detail / example:	☐ One benefit is... ☐ For instance,... ☐ This could improve...
Concerns or limits	Concern: not everyone enjoys sport Why / effect: Another point: there is already too much pressure Possible response:	☐ However,... ☐ It is important not to... ☐ A simple option is...
Final view	My opinion: Closing message: what kind of exercise should schools encourage?	☐ In my view,... ☐ Overall,... ☐ Schools should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

[illegible]



Health and Wellbeing

Article planning bank: exam stress

Exam-style article task

Your class has recently discussed whether schools should do more to help students manage exam stress. Your teacher has asked you to write an article about this topic for your school magazine. Here are some comments about exam stress to help you:

'Revision advice can make exams feel less frightening.'
'Students need someone to talk to.'

'Some stress can motivate students.'
'Too many sessions would take time from lessons.'

Now write an article for your school magazine.

The comments may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

Planning

Use the comments to organise your article. Add details and examples.

Section	Ideas / Useful language	Linking phrases
Concise, engaging title	Possible techniques: question / exam phrase / balanced title Title idea:	☐ Stress or success? ☐ Exams without panic ☐ Could support help?
Introduction	Context: exam stress; revision support, motivation and time Hook: question / direct address / lively opening statement My angle:	☐ During exam season,... ☐ Many students feel... ☐ This matters because...
Support that helps	Idea: revision advice reduces fear Example / detail: Extra idea: students need someone to talk to Detail / example:	☐ One helpful idea is... ☐ For example,... ☐ This could make...
Balance needed	Concern: some stress can motivate students Why / effect: Another point: too many sessions take lesson time Possible response:	☐ However,... ☐ It is also true that... ☐ A balanced plan would...
Final view	My opinion: Closing message: how should schools support students?	☐ In my view,... ☐ Overall,... ☐ Schools should...

Write your article

Write an article for your school magazine. Cover the comments, develop your points and make your opinion clear.

Article title _____

Lined area for writing the article.