


CONGRATULATIONS ON YOUR GCSE RESULTS!

Well done to everyone receiving their GCSE results today. Whether you have got the grades you wanted or not, you've worked hard and should be incredibly proud of yourselves.

The background of the entire page is a photograph of several young people in a school hallway, looking at papers. The image is overlaid with a semi-transparent yellow filter. The text is contained within white speech bubble shapes.

For those who got the grades they were hoping for a huge congratulations! As you start to prepare for your next adventure whether that be university, an apprenticeship, travelling or a job embrace the opportunities ahead.

For some, you may be feeling a mixture of emotions about your results and we want to remind you that your grades do not define you. There is support available to help with discussing next steps and your options. Your school or college staff will be available today and can offer advice and guidance in suggesting next steps.

Or you can call the Exam Results Helpline which is a free service available during exam results period. It's open from 8am till 10pm, seven days a week - call 0800 100 900.

Education can help us to shape our personalities, friendships, talents and abilities and many of these cannot be measured by academic grades. Plan something nice to do for yourself today and remember your mental health and wellbeing is more important than any grade.

If you're feeling sad or disappointed, it's good to tell someone you trust. You can speak to Childline on 0800 1111 or go to [Kooth.com](https://www.kooth.com) to get free anonymous support and advice.

Whatever today brings, please be proud of yourself and know there is more than one way to measure success.