



6<sup>th</sup> June 2023

Dear Parents/Guardians

This month's Wellbeing Hub theme is 'Hormones'. We all know adolescence is a time of high hormonal activity, so this month The Wellbeing Hub are taking a closer look at what is really going on. The new content will help you better understand the role that hormones play during the growth and development of young people during adolescence. We are pleased to inform you that following content and webinars are available free for you to access at a time that works for you.

I have linked all of the content but please log into The Wellbeing Hub first before clicking on the links. Should you need support with logging onto the Wellbeing Hub or indeed would like a 'tour' of the content available to parents and students, please contact me.

### **Webinars in June**

- [Strengths-based parenting](#) with Helen Day, Teacher, Facilitator, Coach, and Researcher, Tuesday 6<sup>th</sup> June, 6:30pm
- [Sex hormones and their impact in adolescence](#) with Dr Catherine Whitlock, Science Writer and Author, Wednesday 21<sup>st</sup> June, 6:30pm

*You must sign up to the webinars in advance. If you sign up for the webinar but cannot make them live, you have 7 days to view them.*

### **Other new content**

#### ***Blog***

Popular 'influencer' Andrew Tate, has publicly resurfaced following his release into house arrest from police custody in Romania in April. If you are concerned or would like to know more about Tate's far-reaching influence, and what you can do, read the [blog](#)

#### ***Awareness Days: The Month of June - Pride Month***

Pride month is an opportunity to celebrate and raise awareness of current issues facing the LGBTQIA+ community. The Wellbeing Hub offers a 'Guide to celebrating Pride' [HERE](#).

### ***Managing risk taking behaviour in teens***

Finally, Ms Harford-Fox made reference to vaping in her latest communication home. Please use The Wellbeing Hub to support your knowledge of this area. Here are some useful links and resources:

- A blog on [Managing Risk Taking Behaviours](#)
- Extensive support on [vaping](#)
- [Parenting Teens course](#)

Best wishes



Dr V. Mitchell  
**Deputy Principal (Pastoral)**