



7th January 2022

Dear Parent(s) and Carer(s)

Happy New Year!

We are excited to share with you the latest development to our pastoral provision. As you know, the College gained the Wellbeing Award for Schools last year and we are committed to maintaining and developing our wellbeing provision for students, colleagues, and parents. To help us do this, we have recently invested in a 'Wellbeing Hub', developed by child and adolescent mental health and wellbeing experts, [Teen Tips](#). I am delighted to let you know that, as a Ladies' College parent, you are entitled to free access to the resources and dedicated parents' section. I would like to thank our parent Wellbeing Action Team for taking time to review this resource for me and feedback on the quality of this for our parent community. One parent wrote:

"Very insightful and verging on compulsory attendance for parents! Encouraging to see topics such as gambling included, and the Spring term agenda looks of real interest."

What is the Wellbeing Hub?

The Wellbeing Hub is an interactive online portal, designed to give you access to a wealth of resources, and experts, to help you guide your child as they grow up. I would encourage you to watch this short introduction <https://www.teentips.co.uk/club/>

The Wellbeing hub consists of:

- Monthly webinars
- Complete Parenting Teens Audio & Video Courses
- Weekly Updated Resources - podcasts, blog posts, interviews, tips and articles
- Weekly Live Q&A with a Child & Adolescent Psychotherapist
- 'Inspiring Futures' Careers Mini-Podcasts



- Ask The Expert Q&A Service
- Q&A Library
- Parents Forum
- Member Offers
- Access To Pastoral Specialists (paid service)

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How can I access it?

It's straightforward! Just log into Parent Portal, click on the 'Wellbeing Hub' tab as pictured above and sign-up. Enjoy browsing the content at your leisure.

Who else has access to the Wellbeing Hub?

Our agreement with Teen Tips covers our College community and delivers a wealth of support and resources for staff and students too, giving us a way to link together in support of the community. Your daughter will be introduced to the hub over the next few weeks. She will access this during tutor time to complete some activities but can access it in her own time should she wish to. Colleagues also have access to a staff area in order to support our staff wellbeing as well as access wellbeing information and courses to support them in supporting your daughter.

JANUARY SPOTLIGHT: Wellbeing Webinars.

Each month I will spotlight a different part of the hub, give you further details of this section and how you may benefit from it. This month, I would like to spotlight the range of wellbeing webinars available to parents on The Wellbeing Hub. These webinars are run by experts and take a different focus each month. This month the focus is teen alcohol use.

We would like to invite you to join the wellbeing webinars this term. Please see attached the flyer advertising the topics and dates/times. To access the webinar, you must register in advance via the Wellbeing Hub (Webinars).

I hope that you will agree that this is a very beneficial resource for our College community as we continue to develop and enhance our pastoral provision. If you have any feedback, please do get in touch.

If you have any questions regarding The Wellbeing Hub or the webinars, please do not hesitate to contact me.

Yours sincerely



Dr Vanessa Mitchell
Deputy Head (Pastoral)