



Dear Parent(s)/Guardian(s)

I want to take this opportunity to invite you to register for the February wellbeing webinar, Adolescent Skin Health and Self Esteem with Tina Lond – Caulk taking place on 9th February at 18:30.

To register for this webinar please log into The Wellbeing Hub and click on 'Webinars'. Should you not be able to make this time, there will be a recording made available on The Wellbeing Hub for one week after the event. I have attached further information on the content line up (including webinars, podcasts, blogs, and a weekly Q&A session) for this term for your interest and to assist with your planning.

The Wellbeing Hub can be accessed via parent portal and clicking on The Wellbeing Hub tile.

February Spotlight: Parent courses

The Wellbeing Hub has quite an overwhelming amount of information so to assist with navigating the site, each month I will be spotlighting a section. This month, I have chosen the parent courses. I often speak to parents who wish they had the opportunity to understand aspects of their daughter's development in more detail, especially during those tricky teenage years. The Wellbeing Hub has two courses available, 'Parenting 2 – 12s' and 'Parenting teens'. The courses are available as an audio version to listen to or as a video to watch. Topics include 'the teenage brain', 'emotions' and 'boundaries'. Alongside each module there is also a handy 'tip sheet'. You can choose to cover modules in any order and access at a time that suits you. I hope you find this a useful resource.

Last month's webinar, Teen alcohol use was well attended, and I have received some excellent feedback. Please note that there are further sources of information to support parents in relation to this topic can be found under 'resources' on The Wellbeing Hub.

Students should now have registered with The Wellbeing Hub in tutor time and be able to access this platform in and outside of lesson time. You may wish to sit down and explore the content together as their platform will differ from the parent platform.

As ever, we would love your feedback on our pastoral and wellbeing provision. If you have found an aspect of The Wellbeing Hub particularly helpful, please let me know and I can add that to a future spotlight section.

Yours sincerely

Dr V Mitchell
Deputy Principal (Pastoral)