



1st March 2022

Dear Parent(s)/Guardian(s)

I want to take this opportunity to invite you to register for the March Wellbeing Webinars.

- **Raising Resilience in Children with Alicia Drummond - Wednesday 9th March 2022 18:30**
- **Digital Wellbeing with Dr Elizabeth Milovidov - Wednesday 16th March 2022 18:30**

To register for these upcoming webinars please log into The Wellbeing Hub and click on 'Webinars' and 'Register here'. 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. The Wellbeing Hub can be accessed via parent portal and clicking on The Wellbeing Hub tile.

March Spotlight:

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. So far, we have looked at webinars and parent courses. The March focus is the 'Answers' section. This section provides a wealth of advice at your fingertips that you can access 24/7 and the great thing about the platform is The Wellbeing Hub continue to add new topics. I really like the format of this section. It is set up as topics (29 so far) including, 'Anxiety and Stress', 'Girl Matters' and 'Talking to Teens'. Within each topic area there are Q&As which may help you understand a topic better but maybe support you in answering a question that your daughter has. Should you have further, specific queries there is also the option of a one-to-one appointment with an 'expert' (chargeable) in the 'Specialist Help' section.

Eating Disorders Awareness Week – Monday 28th February – Sunday 5th March 2022

There are some fantastic resources for supporting young people who may be struggling or those parents who simply want advice or more information. Check out the blog posts and podcasts for further information (found under 'Resources') and the 'answers' section has some excellent Q&As.

World Book Day

Why not sit down with your daughter and browse the wellbeing books section of The Hub. This is found under the 'Self-Care' section. There are some great recommendations.

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)