



7th March 2022

Dear Parents/ Guardians,

As we know, the past two years have taken their toll on the wellbeing of so many people and the recent events in Ukraine continue to add to our feelings of anxiety and uncertainty.

Amongst children and young people anxiety levels are high, and many are feeling frightened as they grapple, perhaps for the first time, with a possible threat of this kind. Many students have questions or are seeking reassurance from the adults in their lives. We understand that it can be difficult to find the right words to explain what is going on without causing more worry or confusion.

On Monday, Mr Henderson spoke to the Senior School students during assembly time about the invasion of Ukraine and our Charities Committee organised a mufti day to raise funds for aid. The Wellbeing Hub also have shared a blog post with us, which includes top tips on how to support young people. This is attached for your information, and it is also accessible within the 'resources' tab within The Wellbeing Hub. To access the hub, please log into Parent Portal and click on The Wellbeing Hub tile. Please follow the sign in instructions. If you do have any problems, please get in touch. Your daughter also has access to a student version of the hub and her tutor should have spent time navigating her through the platform.

In addition to this, our College Counsellor, Miss Lindsay, has provided a resource to support colleagues and parents talking to young people about the recent news. Here is the link: <https://parents.actionforchildren.org.uk/mental-health-wellbeing/anxious-feelings/talk-to-child-news/>

The Wellbeing Action Team addressed the Ukraine crisis in their assembly this morning, and what we as a community can do to help. We have organised for donation boxes to be placed in the foyer this week to collect items for those fleeing their country. Should you wish to donate any items we are particularly looking for; baby/children's items such as nappies, formula milk, underwear, clothes as well as sanitary items, first aid kits (no medication) and candles (no tea lights). These items will be transported to the Ukrainian border over the next few weeks. I am immensely proud of our students. They have shown great empathy, compassion, and kindness, working proactivity in find ways to support those in crisis.

Our next Wellbeing Hub webinar is on the topic of Raising Resilience in Children, with Alicia Drummond is taking place on **Wednesday 9th March, 6:30pm**. A recording of this will be made available in The Wellbeing Hub for one week. The webinar explores the four pillars of resilience and how we can help children to develop positive mindsets & attitudes, self-efficacy, resourcefulness, and creativity that will allow them to become independent and courageous individuals who can cope with life's vicissitudes. You can register for this within the 'webinars' tab of The Wellbeing Hub now.

I hope you will find these resources a helpful guide to support your daughter about the current events or seek to support the development of resilience. Please do get in touch If you do have any concerns or wish to share any information with us to help us support your daughter.

Dr V Mitchell
Deputy Principal (Pastoral)