



10<sup>th</sup> October 2022

Dear Parents and Guardians,

As today is World Mental Health Day, I wanted to take the opportunity to remind you that as a parent you have free access to The Wellbeing Hub.

The Wellbeing Hub is designed by mental health and wellbeing experts 'Teen Tips' to meet the social, emotional and educational needs of young people as well as provide preventative, evidence-based mental health resources for the whole college community. I would encourage you to watch this short introduction <https://vimeo.com/677110364/1db529edcf> which will give you an overview of what the platform offers.

To access the Wellbeing Hub, please login to RUnify.com (using your Parent hub password) and click on the 'Wellbeing Hub' tab (pictured) and sign-up. You can then enjoy browsing the content at your leisure.



I would like to highlight 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. Please see attached the flyer advertising all upcoming content for Michaelmas Term and dates/times of the wellbeing webinars. In order to access the webinar, you must register in advance via the Wellbeing Hub (Webinars). The webinars will be available on The Hub for catch-up for a short period after the online event.

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

*Vanessa Mitchell*

Dr V. Mitchell  
**Deputy Principal - Pastoral**