



9th January 2023

Dear Parents/Guardians,

Happy New Year!

This month, the theme on The Wellbeing Hub is **SCREENS**. I wanted to make you aware of the upcoming Wellbeing Webinar and some of the relevant content on this topic as I know this will be of interest to our College community.

Blogs: These can be found in the 'Resource' section. Please filter for 'Screens' and 'Online safety'. Blogs include: "The rise of 'Tiktots'", "Social Media guides", "Cyberbullying" and "Peer pressure and social media".

Q&A section: Visit the 'Answers' section and click on 'Online safety and Screens' section for more advice and support.

Wellbeing Webinar: The next webinar is '**Online Safety: The Latest Risks & Opportunities**' with Karl Hopwood and will take place on **Thursday 19th January, 6:30pm via The Wellbeing Hub**.

Karl Hopwood, an Independent Online Safety Expert, will discuss the latest risks and opportunities for children and young people when they are online. This session will consider some of the latest research and also highlight the risks that most children are likely to encounter. The webinar will also look at technical and practical solutions so parents/guardians can allow their children to benefit from all that the internet has to offer but in a safe and secure way.

To sign-up for this webinar please log-in to The Wellbeing Hub using the instructions below.

Accessing The Wellbeing Hub: To access the Wellbeing Hub, please login to RMuNify.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 have attached two documents including a schedule of this term's webinars as well as a run-down of the monthly themes and content line-up for The Wellbeing Hub.

I hope that you will agree that The Wellbeing Hub is a very beneficial resource for our College community as we continue to develop and enhance our pastoral provision. If you have any feedback or questions regarding The Wellbeing Hub or the webinars, please do not hesitate to contact me.

Yours Sincerely,

Dr V. Mitchell
Deputy Principal - Pastoral