

Dear Parent/Carer

Now that we are well into the first week of the term I wanted to write to update you on some of the things you can access with regards to wellbeing support for you and your young people.

We have updated the well-being section on the students members log in page. They can access this through the members area and by clicking on the large wellbeing button. It signposts to the updated and live pages for great national support networks such as Childline and the NSPCC, but also gives access to the school wellbeing menu which has local support details as well.

There is also a link to the letter we sent home regarding the Think Ninja App which every child can access from their mobile device. All they need to register is to input their date of birth and use the school postcode (SO30 4EJ). This App is sponsored by the NHS and gives access to all kinds of advice and guidance around well-being and can also give live support through dedicated professionals. There is also a link to video on how to use the App.

You will also find links to other forms of support. An example of this is the 'StayInWithin' pack which is a pack put together to support self discovery during times like this. We will also share snippets of this and other support with you over the next few weeks as they come in to us.

An example of this is a communication from the local School Nursing Team who would like to share this link with you all; <https://www.nhs.uk/oneyou/every-mind-matters/> This gives all sorts of details around supporting youngsters at this time, working from home and mental wellbeing whilst staying home. It's really worth a look.

I would also take this opportunity to remind you that if you need any help or support or if your young person at home feels they need to chat to someone about how they are feeling or with regard to their wellbeing then they can contact their DOPA who will be happy to talk or help.

As we all continue along this current way of working our thoughts are very much with you all and our community, if there is anything we can do to further support at this time, please contact us and we will do our best to help.

Yours sincerely,  
Mr M Chance  
DHT