

Wellbeing Wednesday

We thought it would be great to share with you some tips, ideas, websites and links to things that will help us all with our wellbeing during this time. The content of this leaflet can be used where necessary for families and isn't just aimed at students.

School Wellbeing Areas

Just a reminder that loads of tips, helplines and reminders are in the students' member areas under 'Wellbeing'

Charlie Waller Memorial Trust Wellbeing Challenge 2020

This is a free and interactive challenge. The idea is to get young people to think about their mental health. The challenge runs between the 4th and the 17th May.

Visit their website for a pack and how to get involved:

<https://www.cwmt.org.uk/wellbeing-challenge>



The Charlie Waller Memorial Trust
Depression – let's get talking

CWMT Wellbeing challenge 2020



prioritize your wellbeing

@TEACHERCARECRATE



wildernschool



British
RedCross

The British Red Cross have a number of activities and wellbeing ideas for you to take part in if you choose.

They currently have some great stuff based around 'Kindness'

Follow this link to access their COVID Resources Kindness Calendar:

[file:///C:/Users/Interview/Downloads/power-of-kindness-calendar-blank%20\(1\).pdf](file:///C:/Users/Interview/Downloads/power-of-kindness-calendar-blank%20(1).pdf)



CAMHs Resources

NHS CAMHs has put together a website that signposts young people, carers and professionals to lots of helpful websites that support your health and wellbeing. It's well worth a look at this link: <https://www.camhs-resources.co.uk/>

Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at absence@wildern.org

The setting of work is to ensure that each student can carry on as best as they possibly can with their studies. We realise at this current time each family has a different situation and routines are different from house to house.

If any student is struggling to keep up, or with a concept or subject in particular, please contact the teacher who can help or let your child's Director of Progress and Achievement know.

“Every Mind Matters, Every Student Counts”

Young People Wellbeing Service

The YPWS provide valuable support for Teenagers locally. They operate the Teenage Drop in Centre (TADIC) and Eastleigh Youth Counselling Service (EYCS)

For information on their hours during this current time and how to access services if needed, follow this link for information about the service:

<http://teenagedrop-inhedgeend.co.uk/>

Or this link for how to get in touch (including the contact form):

<http://teenagedrop-inhedgeend.co.uk/get-in-touch>

