be anything...







being kind. As parents, students and members of our community let's ensure that this keeps happening. The storm isn't over yet and the seas will still be rough for weeks and maybe even months to come; however challenging it gets, let's keep kindness at the heart of everything we do. If you're doing everything you possibly can to help everyone around you, remember to help yourself too. If you feel that you haven't done enough to help others, find something simple and kind you can do for someone. Kindness isn't a competition, kindness shown, given or received is its own reward. Kindness isn't always easy. Sometimes we have to be kind to people we don't agree with and those people may not recognise what we've done or understand our perspective. But all kindness counts. Being kind helps people feel like they matter. It is important to be kind because it makes you feel good about yourself. And making people feel like they matter is important. Doing things for other people, such as helping them with something, can make you feel like you've accomplished something. So, let's be kind... Did you know that 'acts of kindness' make the world a happier place? Here are some top tips on how to be kind during this difficult time:

Welcome to May's edition of our Wellbeing newsletter

Since the beginning of this pandemic, not a day has gone by without people

 Keep your social connections going through technology. Hold a virtual movie night. Deliver a food parcel or card to an elderly neighbour.

- Look out for friends who might be feeling down by checking in on them and other people you know from school or clubs.
- Teach a family member to use Netflix or apps on their phone or TV. Help someone set up a video call with friends.
- Keep an eye on your siblings. Do activities with them and have fun.
- Send a motivational message to a friend who is struggling. Be kind to yourself – don't beat yourself up for being sad or anxious.
- experiencing loneliness. Make a cup of tea for someone you live with.

Reach out to call a friend, family member or neighbour who may be

- Help out at home with some housework. Tell someone you know why you are thankful to them.
- Tell someone you know why you are proud of them.
- Send your friends photos of what you are doing to keep them involved. Send an inspirational quote to a friend.

Make contact with someone you haven't seen in a while and arrange a

 Make a small donation to a charity. Arrange a video lunch or FaceTime cooking session with a friend.

phone catch up.

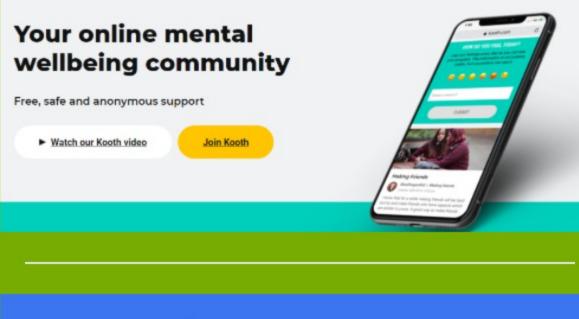
Send someone a funny joke to cheer them up.

- Offer support to vulnerable neighbours
- Think about how you can show kindness each day in small ways. Doing good does you good.
- Please do continue to email us at <u>wellbeing@wildern.org</u> if you would like to see some suggestions of websites you could visit for support or advice in June's newsletter.
- Kind regards 'Every Mind Matters, Mrs Thomas Every Person **Head of Student Services** Counts'

spark of

"A little





need immediate help. At the heart of the service is a team of volunteers

Log in

who take people from crisis to calm every single day.

keeth





EVERY CHILDHOOD IS WORTH FIGHTING FOR

General advice to parents/

username) are visible to ALL users, even if the account is private.

Pre-approve your child's profile to

■ Block/report users and content

causing a problem or deemed

Explore all TikTok has to offer, to

help you make informed decisions on the restrictions you impose.

Individual posts can be private so they are not visible to any other user.

review their content before they post anything out to their followers.

Any video not of interest to you can be labelled as "not interested"

so you see less of that style of

videos in the future

Encourage your child to pause and

prevent them from sharing anything

■ User profiles (bio, photo and

guardians:

inappropriate.

Your accounts are now linked

who can view your child's content.

the settings for:

your child has liked

spend on TikTok each day.

OUNGMINDS

the next step to feeling better.

EE, O2, Three and Vodafone.

For more information: CLICK HERE

NSPCC

[®]MentalHelp

potential safeguarding risks.

You can easily see how MeToo works here: CLICK HERE

unanswered.

may be inappropriate.

Make your child's account private. Accounts

Discoverability: Alter the settings so that you control

Comments: Control who can comment on videos.

Direct Messages: Turn direct messaging on or off.

Liked Videos: Control who can see the list of videos

Search: Restrict what your child can search for, including content, users, hashtags, or sounds.

Screen Time Management: Set how long your child can

Restricted Mode: Limit the appearance of content that

These features are accessible to an individual user but can

Pairing you can control multiple profiles at any one time.

be password protected to prevent any changes. From Family

For more information and to download a helpful poster, go to: https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. We know that finding the right support is important, especially if you need someone to talk to right now. We aim to connect every texter to a trained volunteer promptly to provide crisis help. They will listen to you and help you think more clearly, enabling you to know that you can take

These include - BT Mobile, Tesco Mobile, Virgin Mobile, iD Mobile, Sky, Telecom Plus, Lebara and GiffGaff. Some Android phones issue a warning that you will be charged for texting us, provided you are on one of these networks this warning is incorrect and you will not be charged. If you text us from a network that is not on this list there is a possibility that you may be charged for the messages and that they may appear on your bill, this is because some

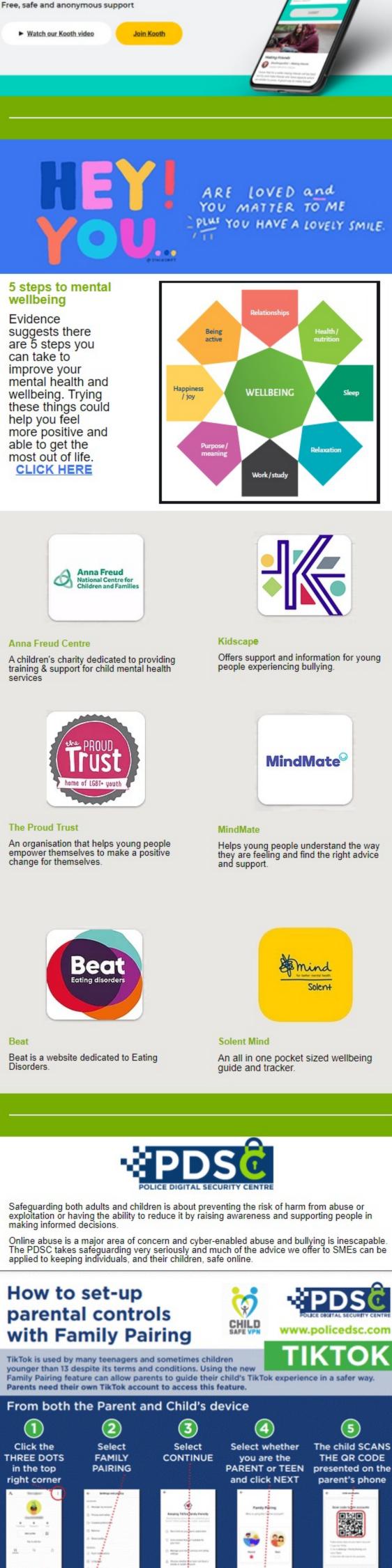
The NSPCC have launched a helpline, Report Abuse in Education. They will run the bespoke helpline to provide appropriate support and advice to victims of abuse, and concerned adults, including onward action such as contacting the police if they wish to.

It is free and confidential to text our service from the following major networks:

networks do not provide the capability to message short codes.

are viewable by everyone by default so adjust

This dedicated helpline will offer support to: all children and young people making current and non-recent disclosures of abuse any children or young people who want to talk about being involved or witnessing any incidents any adults who have experienced non-recent abuse parents and carers who have any concerns about their own or other children professionals who work in schools and need support in this or related issues. Anyone who gets in touch through this dedicated helpline will also be signposted to other relevant support services available, including Childline - which provides ongoing support and counselling to children and young people. Young people and adults can contact the NSPCC helpline, Report Abuse in Education on 0800 136 663 or email help@nspcc.org.uk MeeToo App for iOS and Android



MeeToo is a multi-award winning, free, anonymous app where young people can talk about difficult things. Built on research showing the positive impact of peer support for mental health, MeeToo provides a safe, pre-moderated (by humans) space for young people aged 11+ to experiment with opening up about whatever may be on their mind. Posts can be responded to by other users, as well as a team of trained university psychology students and MeeToo counsellors who help to guide discussions and ensure that no post goes

💟 Tweet 👩 Instagram 🏟 Website

Want to change how you receive these emails?

Moderators check every post and reply before they go live to ensure the safety and anonymity of our users, and our counsellors uphold a sophisticated system for monitoring and tracking

MeeToo supports over 6,000 young people each month. It is featured on the NHS Apps Library and promoted by more than 1,000 schools in the UK.