Wellbeing Wednesday

Welcome to this week's edition of Wellbeing Wednesday. We have some activities from Boredom Busters this week which may help and a link to YOUNGMINDs that may be useful for parents and students.

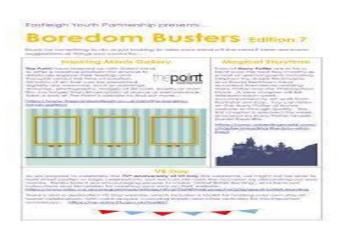
Please don't forget to check in that people at home are **safe online**, have conversations around what they have been doing and check that they are involved in healthy and positive activity

School Wellbeing Areas

These areas are filling up with useful information and copies of these leaflets. Log on to the website members' area to access them.

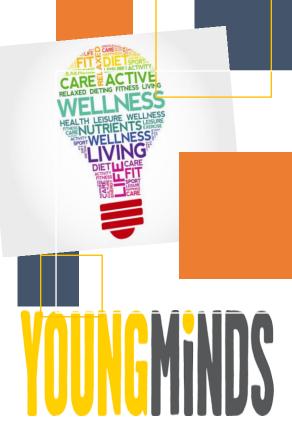
Eastleigh Youth Partnership Boredom Busters

Click here









YoungMinds look to support and empower young people when it comes to their mental health. The link below has good advice for young people and also support for parents who may need it or are just curious on how to support family.

Coronavirus and mental health



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.

Online Safety Advice:

ThinkuKnow is a national online safety support website that is developed by CEOPs. Link below:

https://www.thinkuknow.co.uk/

ThinkNinja

It has been a while since we launched ThinkNinja to all students. It is a great App that has been commissioned by the NHS and is free. It gives help and advice to students and has updated all of its services to support during this current pandemic.

It can be set up so that if a young person is feeling anxious and are meeting certain threshold, they access support from trained professionals via the App

All each student needs to do is upload the App and use the school postcode to register; SO30 4EJ. Make sure they enter their date of birth accurately.



"Every Mind Matters,

Every Student Counts"

NHS Hampshire & IOW CYP Crisis Hotline

A newly commissioned Crisis Line opened on Monday 4th May for children and young people aged from 11-17 years in Hampshire and the Isle of Wight.

Freephone 0300 3031590

Mon-Thurs 3-8:30pm

NHS Crisis Booklet



Yes futures have some activities around wellbeing that can be done by parents and young people; link below

Resources for Parents