

HJJ/jr

14 October 2021

Dear Parents/Guardians

As part of our mission and vision we are committed to promoting and protecting emotional wellbeing and mental health in our whole school community. At the end of last week we launched our Wildern Well-being Hub with students. This is an area of our school website where students, staff and parents can access:

- A range of wellbeing resources
- The Wildern Wellbeing newsletters
- The Wildern Mental Health menu
- Outside agencies guidance
- Hampshire CAHMS support
- Crisis support
- Kooth
- Chat health
- Wildern Extra Curricular Activities timetables
- Mental Health and Wellbeing apps
- An '*I need support*' form alerting staff to make contact with students needing support
- A '*Student My Wildern*' form to make school improvement suggestions
- Our Mental Health and Wellbeing Vision and Policy

The Wildern Wellbeing Hub is accessible from the website main menu [here](#) and we hope that alongside our in school day to day provision this will provide additional support for students who may be struggling to come forward and seek help, and those students who need guidance outside of school hours.

We are striving to create an environment which has a whole school approach in providing excellent support, understanding and intervention for all individuals in order to maintain their positive wellbeing and mental health.

We hope that The Wildern Wellbeing Hub will also be a source of support for parents and guardians to safeguard their child's wellbeing and mental health.

We will continue to take steps to address all aspects of wellbeing and mental health within our school.

'Every Mind Matters'

Yours faithfully

Miss H Jones
Assistant Headteacher