

Welcome to our Wellbeing Newsletter.

Welcome to Novembers Wellbeing Newsletter.

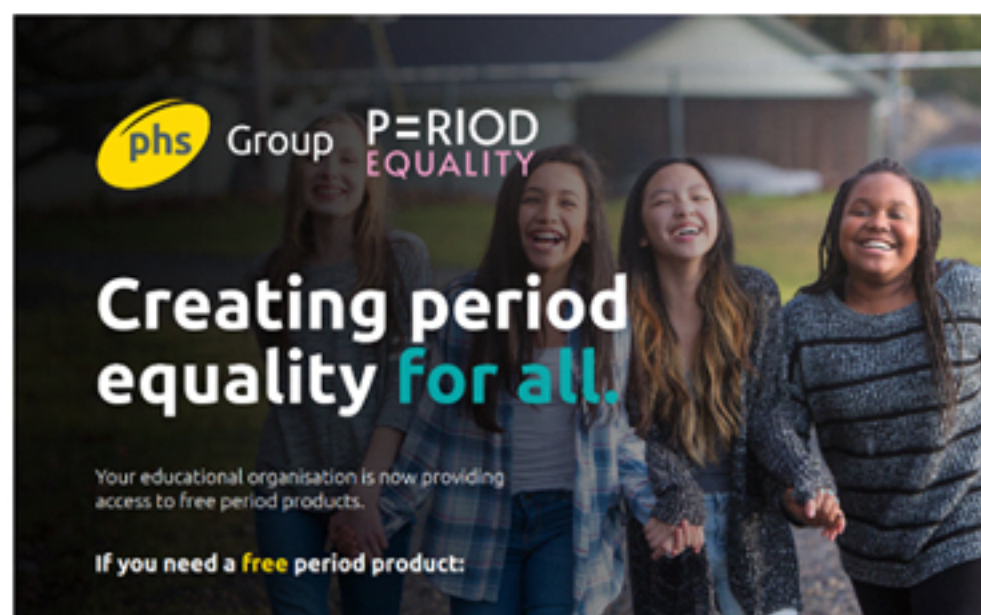
I am delighted to invite you to a virtual parental learning session titled 'Supporting Your Teenager'. The evening will explore attitudes and behaviours of teens as well as providing top tips in how to best support and communicate with teenagers. This event will be held virtually Wednesday 11th November 2020 and is suitable for all parents to watch. This evening was hugely popular last year.

The evening will be hosted by representatives from School, Kings Community Church and the School Nursing Team who will be talking about how they can support young people through mentoring, advice and guidance. The evening will begin at 6:00pm and will be available through the school website.

Please do continue to email me at wellbeing@wildern.org if you would like to see some suggestions of websites you could visit for support or advice on any specific topic in the next newsletter.

Kind regards
Mrs Thomas
Head of Student Services

'Every Mind Matters, Every Person Counts'



Students, did you know that you can pop along to First Aid and help yourself from the RED BOX?



YOUNGMINDS Exam stress

With mock exams approaching, YoungMinds have some really good strategies and areas of support for dealing with exam stress. Pressure to do well in exams can be overwhelming and affect your mental health. Here's our advice if it's all getting a bit too much.

Revision tips

- If you're anxious about the amount of studying you have to do, try breaking it up into chunks creating a daily timetable, so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.
- Be realistic about what you can achieve in a day - an unrealistic revision plan won't help you, and will put you under unnecessary stress.
- Make sure you take regular breaks from studying. your brain cannot concentrate for hours at a time.
- Not everyone studies the same way. Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.
- Focus on you and don't compare yourself to others. It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you, but we're all different and that's ok. Remember, your friends don't have their results guaranteed - life is unpredictable - and they might well be feeling just as worried as you are. [Read More](#)

parent INFO FROM CEOP AND PARENT ZONE

The impact of viewing harmful content online



There are different ways in which viewing harmful content can affect young people -- from influencing attitudes and beliefs, to affecting their wellbeing and safety

[Read More](#)



The Young Gamers and Gamblers Education Trust (YGAM) is a national charity with a social purpose to inform, educate and safeguard young and vulnerable people, helping them build resilience and understand the potential harms caused by gambling and gaming.

The online world is ever changing and it can be difficult for parents and carers to keep on top of the activities their children choose to engage in. To support you YGAM have developed a range of informative pieces around gaming and gambling to inform and educate you on these topics and help you make safe and healthy choices for your family.

[Read More](#)



Taking, sharing and receiving explicit images

If you're worried your child may have been taking, sharing or receiving inappropriate or explicit images, it can help to:

- talk to them about what they're sharing or have seen, and if they know who else has seen the pictures
- remind them that people online may not be who they say they are.
- explain that they should always think carefully about what they share online, as once it's been sent, they lose control of it
- suggest they download the Zipit app on Childline to help them deal with requests for inappropriate photos
- Let them know they can always come to you if they see anything that worries or upsets them online.

[Read More](#)



TADIC in Hedge End is open

Get the Help you need FAST
OUR SERVICES

TADIC is run by doctors, counsellors, nurses and receptionists who seek to improve the health of young people.

REMEMBER... ITS'S A DROP-IN CENTRE SO YOU DO NOT NEED AN APPOINTMENT! JUST COME SEE US!

Wednesdays 3pm - 6pm at 28 Lower Northam Road, Hedge End, SO30 4FQ

Can't Drop in? Call, Text or Email us!
07879 761660 / tadic@btinternet.com

Please note this is not a 24/7 staffed phone line and whilst responses are often prompt, they can take up to 5 working days. Please contact your GP if you have an urgent issue.



Helping gender diverse kids, young people and their families since 1995
Find the right information and support for you [Click Here](#)



Supporting grieving children and families

Winston's Wish was the UK's first childhood bereavement charity. We have been supporting bereaved children and young people since 1992 and we continue to lead the way in providing specialist child bereavement support services across the UK. Winston's Wish provides emotional and practical bereavement support to children, young people and those who care for them. Our expert teams offer one off and ongoing bereavement support and we also provide online resources, specialist publications and training for professionals.

The death of a parent or sibling is one of the most traumatic situations for a child, but with support from Winston's Wish they can face the future with hope.

[Read More](#)



The website has a wealth of self-help resources and links to our partner agencies. A particularly useful link on the website is to Health for Teens. [Click More](#)