

Wellbeing Wednesday

Welcome the first July Wellbeing Wednesday. It really is hard to believe that we are at this stage of the academic year! This week we have links to MIND and their updates as well as a link to the NSPCC

School Wellbeing Areas

Keep checking these for updates and all the information we are putting out with regard to wellbeing. Lots of links and resources are kept in these pages.

Mind Charity

MIND have updated their COVID pages for young people. There are some really good article links of experiences in lockdown and also a resources section that has some useful links.

[Coronavirus | Mind, the mental health charity - help for mental health problems](#)



Health for Teens

This website has all sorts of information for teens but also worth a look if you have teens at home. Advice and support around all teenage concerns and worries, also links to the NHS guidance and help in your local area;

[Chat-Health](#)

<http://www.healthforteens.co.uk/health/about-chathealth/>





NSPCC SEN Guidance

NSPCC have a webpage dedicated to supporting children with Special Educational Needs and Disabilities during this time. There are some dedicated sections that link to activities, dealing with anxieties and communication.

[Supporting children with special educational needs and disabilities](#)

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/coronavirus-supporting-children-special-educational-needs-disabilities/>

“Every Mind Matters, Every Student Counts”

YOUNGMiNDS Crisis Messenger

A reminder from last week that YOUNGMiNDS provide a free text service if a young person is concerned about anything regarding their mental health and wellbeing.

The link and free number (from major networks) is below, it may be useful to put in your child’s phone so they could use it or pass to a friend in need.

[YOUNGMiNDS crisis messenger](#)

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>

Contacting School

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

Don’t forget **House Competition** week next week, lots of fun things to get involved with!

School Wellbeing areas

A reminder that these can be found in each year group’s members’ area. Lots of valuable information and signposting to be found there.



Five ways to wellbeing