

Wellbeing Wednesday

Welcome to this week's edition of Wellbeing Wednesday.

This week takes a look at some great resources that Dove have put together around self-esteem and body image. Originally resourced for schools, they have adapted these to be used at home for parents and children.

School Wellbeing Areas

Keep checking these for updates and all the information we are putting out with regard to wellbeing. Back editions of these leaflets also appear there.

Dove Self-Esteem Project

These resources have been put together by Dove in collaboration with Megan Jayne Crabbe. Lots of great information about body image and how we can tackle issues around this at home. Link:

[Dove Self Esteem](#)



Network of Wellbeing

The Network of Wellbeing have a number of resources and guidance around the 5 ways to wellbeing. They also have a newsletter you can sign up to.

Link:

[Five Ways to Wellbeing](#)





Contacting School

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

Year 10 face to face guidance has been sent out this week, please check your emails for the information.

Virtual assemblies are back, keep an eye out for them as they drop into your child's inbox!

NSPCC

NSPCC have developed a guide to supporting parents with online gaming and the pitfalls of managing this with children.

They also have general advice around online behaviours and support

[Online games](#)

They deal issues such as:

- Online risks
- Bullying
- Trolling
- In-game Purchases



“Every Mind Matters, Every Student Counts”

TADIC & YPWS

Please don't forget that there is support available locally for our teenagers, even during this time. The Young Peoples Wellbeing Service are still contactable should you need them. Please see their website for how services are run.

[Teenage Drop In](#)

NHS Crisis Helpline

The link below takes you to the 11-19yo crisis helpline.

[NHS Crisis Booklet](#)