

Wellbeing Wednesday

This week's we look at some of the links for the summer provided by the British Red Cross. These are resources for teachers but adapted for you at home. Some really great video links to look at.

Online Safety

We have been made aware of 2 Apps that have become popular recently that have had parents call in concerned.

They are an App called Yellow which is described as Tinder for Teens and has no age checks for joining. The second App is called GetWink and is linked to Snap Chat.

British Red Cross

This link is all about wellbeing for you, and offers activities to help you think about how you are feeling.

[Being Kind to Yourself](#)



WELLBEING WEDNESDAYS



YES! FUTURES

It's the return of the Yes! Futures kindness calendar. There are some lovely daily ideas for July that could really help with how you are feeling and also make others feel great too...

[Kindness Calendar](#)





Contacting School

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

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.

ONLINE SAFETY- THINKUKNOW

If you are worried about anything online or you think a friend or family member may be at risk, remember you can visit the THINKUKNOW website which has advice and guidance for children of all ages and a parental portal where you can report concerns and seek advice. They have just launched an Online Blackmail part of the site for 15-18 year olds.

Link: [ThinkUKnow](https://www.thinkuknow.co.uk)

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“Every Mind Matters, Every Student Counts”



Young Peoples Wellbeing Service

As well as TADIC the YPWS runs Eastleigh Youth Counselling Service which can give access to confidential counselling through their website.

The link below will take you to their text service and 'contact us' link

[EYCS](#)

TADIC

As the holidays draw nearer, it's worth remembering that there is access to help and support in the middle of Hedge End that you can reach via text, online form or drop in. See the link below for the Teenage Drop In Centre

[TADIC](#)