

## Wellbeing Wednesday

Welcome back to Wellbeing Wednesday. This edition has some new links but also some reminders of help available locally.

There is also a link to NSPCC online gaming advice for parents.

Take a look at the Safe4Me link as this has advice and support as well as a survey for young people to complete.

## 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.

## Safe4me Community Partnership.

Lots of advice and guidance here on many issues and some great news on things that happen in our communities too. It also has an A-Z of support services to, really useful.

[safe4me](https://www.safe4me.org.uk/)

The logo for safe4me, with 'safe' in green, '4' in blue, and 'me' in white on a dark grey background.

wildernschool



British RedCross

This week's Red Cross activities are based around First Aid and kindness. There are some great resources for things to do at home, including everyday items for First Aid!

[First aid and kindness](#)





## Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at [absence@wildern.org](mailto:absence@wildern.org)

There will be information coming out soon regarding the Government advice about face to face sessions for Year 10, so if you are attached in any way to that year group, keep an ear to the ground!

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. Worth a look if you have a gamer at home!

### [Online games](#)

They deal issues such as:

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



## “Every Mind Matters, Every Student Counts”

### NHS Hampshire & IOW CYP Crisis Line

For children and young people aged from 11-17 years in Hampshire and the Isle of Wight. **Freephone 0300 3031590 Mon-Thurs 3-8:30pm**

### [NHS Crisis Booklet](#)

### NHS COVID 19 latest

The link below takes you to the latest NHS pages regarding COVID -19, including information on Track and Trace etc

### [NHS Coronavirus](#)