

Wellbeing Wednesday

Welcome to this week's edition of Wellbeing Wednesday.

This week we have a mix of national links and local support.

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.

Safe4me Newsletter

SAFE4ME partnership have released their latest newsletter that has in it advice and guidance around reporting concerns for a child, but also resources and links to wellbeing support. It also has a link to free 3-month Parent Zone membership

COVID Support Newsletter

<https://www.safe4me.co.uk/2020/03/26/covid-19-supporting-education-and-safeguarding/>

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

wildernschool

Red Cross

It's been a couple of weeks since we have updated you with the Red Cross pages. Their most recent update has again been focused on Kindness and Wellbeing, and includes some great resources regarding Black Lives Matter. Find it here:

Kindness Resources

<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-resource-list>



Autism Hampshire

Autism Hampshire have a brilliant page supporting families and children with autism through this period. Also lots of links to other sites that can help with a number of mental wellbeing scenarios.

Mental Well-Being for Children during coronavirus

<https://www.autismhampshire.org.uk/index/covid-19-resources/mental-well-being-for-children-during-coronavirus>

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.

HAMPSHIRE CAMHs

Please don't forget the link we shared last week to NHS CAMHs and their really helpful webpage, it includes a section on talking to children about returning to school:

www.hampshirecamhs.nhs.uk

“Every Mind Matters, Every Student Counts”

YOUNGMiNDS Crisis Messenger

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/>

