

Parent Newsletter: Student Wellbeing

March 2021

Dear Parents and Guardians,

Welcome to our first parent newsletter on Student Wellbeing.

We will be sending out a newsletter each half-term to share updates on the latest activities and resources we are offering in college to support the wellbeing of all college students, and also sharing resources with you which we hope may be helpful when you are supporting at home.

Naturally, the last year has presented so many unforeseen challenges – both exacerbating existing issues, and leading to new anxieties and stresses. At Woking College we have been incredibly proud of the resilience and courage that our students have demonstrated again and again in working to overcome the various barriers that they and their families have had to deal with during the pandemic.

I hope that you find this newsletter useful – if you do have any questions or would be interested in us covering particular aspects of wellbeing in future newsletters, then please do feel welcome to email me.

Yours faithfully,

Tess Ledingham
Head of Student Wellbeing
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What do we mean by wellbeing?

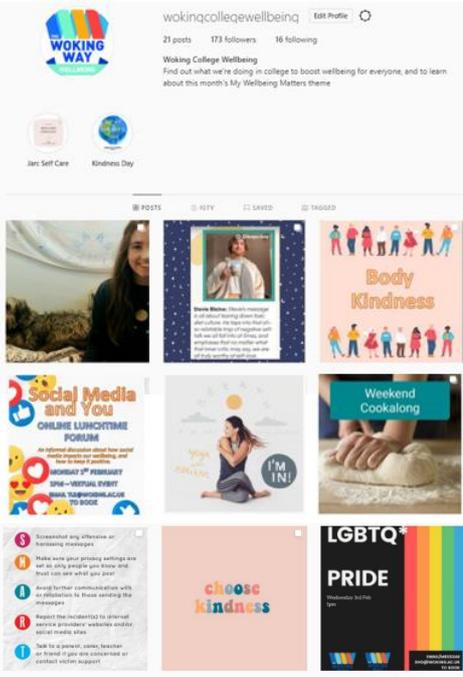
At college, we believe that wellbeing is something we all have, and have a duty to ourselves to look after. More than ever this year we have all experienced how much of life can be out of our control – but what we *do* have control over, is our commitment to making our wellbeing a daily priority to help keep us feeling motivated and positive.



How we look after our wellbeing is a personal thing that varies from person to person, but there are 5 key areas which we use focus on when talking about wellbeing: Social, Physical, Creativity, Relaxation, and Self-Awareness.

Student Wellbeing Resources During Lockdown

- During this most recent lockdown, we have created a new **Student Wellbeing channel** under the *All Student Notifications* group on Teams.
- On this channel, all students can access our collaborative **weekly newsletter** produced by our Wellbeing and P.E. teams, directly linking students to different ways that they can care for their mental and physical health during lockdown.
- We have also launched a **weekly video** on the channel, sharing tips and advice for students for dealing with the different challenges of lockdown.
- The **Files** section of the channel contains all of the above, plus additional resources to support our students in looking after the 5 key areas of their wellbeing.
- *Interested in seeing more?* Asking your young people at home if they would be happy to show you this Teams channel and look though the resources together could be a useful way of opening up conversations about wellbeing at home.



College Wellbeing Instagram

Students and parents are also encouraged to follow our college Wellbeing Instagram account @[wookingcollegewellbeing](https://www.instagram.com/wookingcollegewellbeing) where we regularly share tips and inspiration on how we can all be looking after our wellbeing, using our monthly 'My Wellbeing Matters' theme to explore different topics.

Who can our students speak to at college if they need support?

- *Personal Tutors* - here to support students with achieving their personal development
- *Teachers* – here to support students academically
- *Head of Year* – supporting students at a key pastoral level
- *Head of Student Wellbeing* – here to support any student in need of a listening ear.
- ***Post-Lockdown Lunchtime sessions in March*** – as we re-open college, every week we will be holding small, relaxed lunchtime groups open to any students who may be experiencing anxiety about readjusting to college life.

Suicide Prevention Toolbox

Trying to support someone you love who is experiencing suicidal feelings can feel like an incredibly scary thing. It is so important to remember that if you do have any reason to believe that someone in your family is experiencing suicidal feelings then there are many sources of support out there, both in and out of college.

As a parent or guardian, the most important thing you can do is to show that you are there to listen – and accept that this isn't something you can instantly fix.

We wanted to share the [Suicide Prevention Toolbox](#) which has been created by *Surrey Safeguarding Children Partnership*, and contains key advice and Information on how you can help. To view the toolbox, just click on the Surrey Safeguarding Children Partnership logo, and go to the *Guidance for Parents* section on pages 13-17.



Parent Helpline/Webchat Support: *(Click on the logos for contact information)*




YoungMinds: Free, confidential advice via the phone, email or webchat for parents and carers who are concerned about their child's mental health

FamilyLine: Free, one-off or longer-term emotional support and guidance around complex family issues. All support takes place via telephone, text message, web chat or email.

Advice on Supporting Students with Returning to College:
<https://youngminds.org.uk/blog/supporting-a-child-returning-to-school-after-lockdown/>
<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/back-to-school-coronavirus-covid-19/>

Free Online Psychological First Aid Training: created by Public Health England for anyone supporting young people affected by Covid-19: <https://www.gov.uk/government/news/phe-launches-new-psychological-first-aid-training>