

# Parent Newsletter: Student Wellbeing

## February 2022



Dear Parents and Guardians,

**Thank you for taking the time to read this half-termly parent newsletter on Student Wellbeing.**

The start of a new year is a busy half-term across the college community, with many of our students working towards external exams and our internal assessment week. This can feel like a particularly overwhelming and pressured time, which can make caring for our wellbeing pretty challenging.

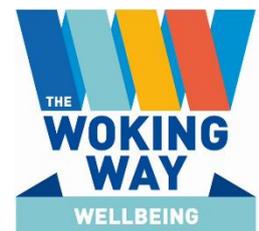
It isn't always easy to talk openly when things are in a difficult place, and so it can be really valuable for all of us to check in (either privately or as part of a discussion at home) on how we're coping with things, and how we can best be listening to our needs. As a starting point, it could be useful to regularly think through these three questions together or individually so that everyone at home can be building confidence in how to check in with their own wellbeing:

1. *Is being you feeling good or hard today?*
2. *What is the dominant feeling you're experiencing right now?*
3. *What is one thing that you've done or could do that is purely for you today?*

Making space for something like this each day can help us to feel more in control of what we're experiencing, and more able to support ourselves and each other. As always, if you would like any particular aspects of wellbeing to be covered in future newsletters, then you are welcome to email me to let me know.

Yours faithfully,

**Tess Ledingham**  
**Head of Student Wellbeing**  
Email: [tle@woking.ac.uk](mailto:tle@woking.ac.uk)



### New Initiatives:

- **Peer Mentor Scheme:** We are so pleased to have launched our Peer Mentor scheme this half term, with our wonderful Year 13 Mentors now having been allocated their first Mentees! Our Peer Mentors are here to support students with a variety of issues – this may be focused academically, or can be more about how a mentee is feeling in college and coping with things.
- If you feel that your young person could benefit from a Peer Mentor, then you can email [peermentors@woking.ac.uk](mailto:peermentors@woking.ac.uk) to let us know.
- **Bereavement group:** when we return from the February half-term, a new bereavement support group will be available to any students who have been impacted by bereavement. If you feel that your young person could benefit from sharing and experiencing peer support in a group setting then email me at [tle@woking.ac.uk](mailto:tle@woking.ac.uk) and I can discuss the idea with them.
- **Anxiety group:** just a reminder that our anxiety support group continues to run every Tuesday lunchtime and is open to any student who has been experiencing anxiety at any level. If you feel this could be a useful option, then please email [tle@woking.ac.uk](mailto:tle@woking.ac.uk) and I can contact students to talk this support option through with them and see if this is something they would like to try.

## #Pausetoplay



- Get involved in [#Pausetoplay](#) taking place between **25th - 27th February** to raise money for Woking Mind!
- Over these 3 days we are encouraging students get involved in our [#Pausetoplay Gameathon](#) to both fundraise for the vital work being done by Working Mind, whilst also tending to their own wellbeing by pressing pause on the demands of day to day life and using play as a balanced way of boosting mental wellbeing.
- **1 in 4 people will experience a mental health problem** of some kind each year in England, and so we are encouraging participants to sign up to complete **1-4 hours of gaming** across the three days in order to raise awareness and funds for the work that Woking Mind are doing to support mental health in our local community.
- Students can go solo, or gather their friends and family and choose from a range of options - playing retro games in college, streaming at home or trying out a board game or two!
- So whether you are getting involved as a gamer yourself, or know a student who is participating, any donations to our event [JustGiving](#) page would be massively appreciated!
- If you are donating in support of an individual or team who is taking part in the Gameathon, then **please include their name/team name in your donation comment** so that we can keep track of our participants' fundraising!



Remember you can also follow our [@wokingcollegewellbeing](#) Instagram account for the latest updates on our wellbeing activities and our monthly 'My Wellbeing Matters' theme.

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

**YOUNG MINDS**

**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.

**Free Online Psychological First Aid Training:** created by Public Health England for anyone supporting young people affected by Covid-19:



Psychological First Aid:  
Supporting Children and Young People

★★★★★ 4.5 (1088 reviews)

Get Psychological First Aid training to support children and young people's mental health during emergencies and crisis situations

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