



25 January 2021

Dear Parent(s)/Carer(s)

Wellbeing Week w/c 1st February 2021

I am delighted to announce the School's fourth Wellbeing Week. It coincides with the national Children's Mental Health Week. The aim of the week is to enable students across the school to consider mental health and the importance of looking after one's wellbeing. The week hopefully will serve to highlight the many issues concerning mental health that relate to students within our school.

Plans have had to be adapted because of the national lockdown however we will continue to use this time to help focus our community on the importance of looking after one's self. Each day **Trailblazers** will present talks to different year groups. Students will access form time presentations remotely on various topics. Presentations will be given to Year 9 and 10 by Jennifer Langley from the **Charlie Waller Memorial Trust** on eating disorders and anxiety. Alicia Drummond from **Teen Tips** will speak to Year 11 with a focus on the teenage brain. Andy Caress from the **Charlie Waller Memorial Trust** will address the Sixth Form looking at the impact of lockdown on mental health and anxiety.

Alicia Drummond's will present to parents of **any** year group on **4th February at 6pm**. The focus of this will be 'Worry, Stress & Anxiety'. To log into this event please register in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_1QFO5mbvTx20XtLLvzGq4A

After registering, you will receive a confirmation email containing information about joining the webinar. Parents in **all** year groups are welcome to attend.

There also is a Parents & Carers Webinar from **Bromley Wellbeing** entitled: "Helping children with fears & worries" for parents of children in Years 8-11 on 3rd February 3:30-5pm. The content of this is to help:

- Understand more about anxiety in children
- Consider strategies for that that can help to manage fears and worries, and build confidence at this challenging and uncertain time
- Learn more about local services for further support

To book a place please go to:

<https://www.eventbrite.co.uk/o/bromley-y-31612643251>

Once you have booked a ticket, you will receive an email with details of how to join the webinar. If you become unable to attend, please cancel your ticket order on Eventbrite so the space can be released to another parent, as spaces are limited.



The Wellbeing Journal also is available online here:

<https://stolaves.s3.amazonaws.com/uploads/document/Wellbeing-Journal-2021.pdf?t=1611583755?ts=1611583755>

My thanks go to all involved in its production.

I am very excited to announce the launch of the **Wellbeing Hub** from **Teen Tips**. Further information about this will be sent separately. Its aim is to support staff, parents, and students in a variety of areas including wellbeing, training, and careers.

In these very uncertain times this week seems more important than ever. Recent national surveys show the significant impact on wellbeing of young people both during the first lockdown as well as the return to school and the anxiety surrounding academic attainment. Promoting wellbeing amongst the student body continues to be a key priority of School. We have constantly looked to evolve our provision and the success of the staffed Wellbeing Room and the Wellbeing Hub are testimony to this.

Yours faithfully

Rochelle Maxwell
Assistant Headteacher



Bromley Y, School Wellbeing Service Improving Access to Wellbeing Support – Support Calls

Is your child experiencing difficulties with their emotional wellbeing? Are they feeling anxious and/or low and you are uncertain how to support them?

During these unprecedented times we would like to make it as easy as possible for young people and their parents/carers to receive appropriate wellbeing support. Up until the Easter break, we are offering consultations via phone/video (up to 30mins) to talk to one of our practitioners. The aim of this is to provide advice and guidance to support the wellbeing of your child.

Email: swswellbeingsupport@bromleyy.org

Please provide your name, phone number, child's school, best times to call (morning or afternoon), a brief description of what you wish to discuss.

We will do our best to call within 5 working days to help you think about how to get the help you need. This may lead to a referral into our service or sign posting to a more appropriate service with your consent.

Visit www.bromley-y.org for self-help support