



Dear Parents/carers,

Creating an environment that nurtures pupil mental health and wellbeing is a key priority for us at Sacred Heart High School and Sixth Form.

To help us do this, we have invested in The Wellbeing Hub, developed by child and adolescent mental health and wellbeing experts, Teen Tips. We are delighted to let you know that, as a Sacred Heart parent/carer, you are entitled to free access, and we highly recommend you take the opportunity to register and start using these resources.

The Wellbeing Hub is an interactive online portal, designed to help you understand and meet your child's social and emotional needs. We believe it will be an invaluable source of information and support for our whole school community.

As a member, you benefit from:

- Complete Parenting Teens and Parenting 2-12's audio & video courses
- New weekly resources - podcasts, articles, tips and more
- Monthly live Q&A with a child & adolescent psychotherapist
- Careers Advice - articles and tips, as well as Inspiring Futures podcast series- insiders' perspectives on different industries, roles and career paths
- Q&A library
- Self-Care – giving you access to The A to Z of wellbeing, Your Stories and Talking Points
- Member offers
- Parenting one-to-ones (paid service)
- Access to specialist help and support
- Monthly webinars from in-house and guest, expert-level speakers on a range of topics

You can find a **Guided Video Tour of The Wellbeing Hub for Parents** [here](#) and a **Visual Guide** linked [here](#).

Our agreement with The Wellbeing Hub from Teen Tips covers our whole school community, and also delivers a wealth of support and resources for staff to further support your child here at school.

The Wellbeing Hub for Pupils

Our pupils are being given access to The Wellbeing Hub via two different platforms, one for those aged 10-13 and one for those aged 13+, with resources tailored specifically to support them with their mental health and wellbeing. The Wellbeing Hub for pupils includes:

- Answers - a huge bank of Q&As on a wide range of topics
- Top Tips - short films, blogs, and tip sheets on all manner of themes
- Futures - careers advice and the Inspiring Futures podcast series



- Your Stories – resources designed to give a little inspiration
- Talking Points – start a debate with friends or family
- Help Zone - with links to specialist organisations if they need extra support or advice
- The A to Z of Wellbeing – suggests tried and tested techniques you can try to positively impact your wellbeing
- Access to our Wellbeing Ambassadors program for pupils, encouraging them to champion their own and their peer's wellbeing

Accessing The Wellbeing Hub

You will receive a 'ping' alert allowing you to register for a free account.

If you have any specific queries about access, please contact the team at info@teentips.co.uk

We are so pleased to be able to provide this enhanced level of pastoral support. We hope you find The Wellbeing Hub beneficial for your family and we welcome your feedback.