



Dear Parents and Carers,

The Wellbeing Hub from Teen Tips

Creating an environment that nurtures pupil mental health and wellbeing is a key priority for us at The High School Leckhampton.

To help us do this, Cheltenham Ladies College have kindly invested in a one-year subscription to The Wellbeing Hub for The High School Leckhampton, developed by child and adolescent mental health and wellbeing experts, Teen Tips. We are delighted to let you know that, as a parent of The High School Leckhampton, 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 a great 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
- Weekly Updated Resources - podcasts, articles, tips and more
- Weekly Live Q&A with a Child & Adolescent Psychotherapist
- Careers Advice Articles and Webinars, as well as Inspiring Futures Mini-Podcasts - insiders' perspectives on different industries, roles, and career paths
- Q&A Library
- Self-Care - an area to find positivity, inspiration, good news and more
- 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](#) [here](#).

Our agreement with The Wellbeing Hub from Teen Tips covers our whole school community, and delivers a wealth of support and resources for staff – including a 10-part course to help them to understand and support your child here at school.



The Wellbeing Hub for Pupils

Our pupils are being given access to The Wellbeing Hub Junior Access, for those aged 10-13 with resources tailored specifically to support them with their mental health and wellbeing. The Wellbeing Hub for pupils includes:

- Answers - a bank of Q&As on a range of topics
- Top Tips - short films, blogs, and tip sheets on all manner of themes
- Self-Care - an area to find positivity, inspiration, good news and more. Self-care is also available in The Wellbeing Hub for Parents so you can access it too
- Futures - Inspiring Futures Podcasts
- Help Zone - with links to specialist organisations if they need extra support or advice
- Access to our Wellbeing Ambassadors Programme for Pupils, encouraging them to champion their own and their peers' wellbeing

You can find a Visual Guide to the Junior Pupil Hub [here](#).

We will, in the upcoming weeks, dedicate a tutor period to allowing the children to log in and access The Wellbeing Hub Junior Access.

Accessing The Wellbeing Hub for parents and carers:

Instructions on how to register and links for accessing The Wellbeing Hub have been sent to parents via email.

You will be asked to create your own username and password.

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

We are so pleased to be able to provide this resource to students, parents, and staff. We hope you find The Wellbeing Hub beneficial for your family and we welcome your feedback.

Yours faithfully,

Alice O'Riordan
Pastoral Lead Teacher
The High School Leckhampton