

School •



WELLBEING

• Newsletter

This term, our wellbeing focus is
**Resilience & Surviving
Change**

WHAT IS IT?

We can identify change as any time **one or more of four** things occur:

Something in your life stops, starts, increases or decreases.

Each of these can bring us different challenges in our life.

If we stop seeing a friend we used to see a lot, we must overcome the challenge of coping with an ending. If we increase the subjects we study, we must overcome the challenge of managing more than you had to before. If our parents get a new job and our time with them decreases, we must be able to make do with less than we have been used to. If we start a new school, our challenge is managing a beginning.

Thinking about this, we can recognise that we experience change all the time. We all react differently to changes in our lives. In times of uncertainty and change we may feel unable to cope or lost at what to do.

If you are ever worried about your child's mental health, please contact their Base tutor, Head of Year or Miss Breward (Senior Mental Health Lead).

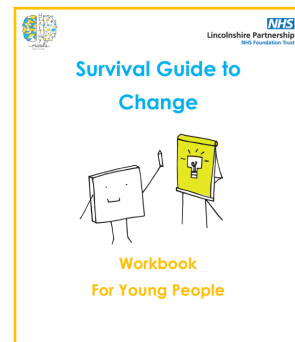


Tellmi is a free app that young people aged 11+ can access. It provides resources and a fully moderated community where you can share your problems, get support and help others too.

mental health



Healthy Minds Survival Guide to Change Workshop for young people: [Online Workshops ::](#) [Lincolnshire Young Minds](#) (lpft.nhs.uk)



SIGNPOSTING

Times of change & transitions: A parent guide [Transitions, Change & Mental Health | Parents Guide | YoungMinds](#)

5 ways to build your child's resilience: [Five ways to build your child's resilience - BBC Bitesize](#)

[Building resilience in children and teens | Family Lives](#)

