

Dear Parent/carer,

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

To help us do this, we have joined 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 Tiverton High School parent, 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 school community.

**As a member, you benefit from:**

- Monthly Webinars from in-house and guest, expert-level speakers on a range of topics
- 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
- 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

The following video for parents helps explain the various ways in which parents can use The Wellbeing Hub: [Parents UK on Vimeo](#)

**Accessing The Wellbeing Hub:**

Over the next week or so, you should receive a welcome email from The Wellbeing Hub letting you know that an account has been created for you and giving you access to create a password. Please check your junk folder for this email as well as your usual inbox. The email will come from The Wellbeing Hub but has a website address of [hub@teentips.co.uk](mailto:hub@teentips.co.uk), just so you know the email is legitimate.

Once you have registered the link to log in is as follows: <https://club.teentips.co.uk/home/parents/>

**The Wellbeing Hub for Students:**

Students from year 7-11 have access to The Wellbeing Hub via two different platforms, one for students in Year 7 and 8 and one for students in Years 9-11 with resources tailored specifically to support them with their mental health and wellbeing.

The Wellbeing Hub for students 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
- 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
- Help Zone - with links to specialist organisations if they need extra support or advice
- Access to our Wellbeing Ambassadors Programme for Students, encouraging them to champion their own and their peer's wellbeing.

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.

If you have any specific queries about access, please contact the team at [hub@teentips.co.uk](mailto:hub@teentips.co.uk).

Yours sincerely

Nicola Lane