

Wellbeing

Hi everyone,

I do hope you are all keeping well. You should be well into the swing of the remote learning now. If you are having any difficulties with the technology please let your tutor know as we have a laptop loan scheme (see webpage <https://www.wsfc.ac.uk/for-students/financial-support/>). We also now have 4G routers and data sims for anyone who needs these.

We know that there is pressure on you with studies at this level and that is normal. It is when it gets too much and overwhelms you that it can affect your mental health and well-being. Remember to keep to a good routine each day including eating well, getting out in the fresh air once a day and keeping to a good sleep routine if you can. Contact your tutor, Head of year, teachers or myself if you are feeling that you are struggling to cope and things are affecting you negatively, whether that is your mental health, family circumstances or with your learning. We are here to help and support you in any way we can.

I have included a 'Thriving with Nature' guidebook, available by clicking on the button below which was sent to me by one of our parents. I really like it as it gives lots of lovely ideas for ways to appreciate each of our seasons and reinforces the message to use the permitted outdoor time that we have during this lockdown, for your well-being. The '5 senses' approach in the guide is strongly promoted by counsellors and well-being practitioners.

[Thriving with Nature](#)

The image below shows support information that we have previously given out and is on our 'Supporting you' and 'COVID-19' webpages. I just like the way

that this is displayed on one image and although it is aimed at parents, you can use these helplines. Thanks to Lin Bingley for sending this to me.



We are holding the first session of our mental health peer awareness training today. It is great to see so many students signed up for this. Suzanne Allies, from the University of Worcester is running this. If you missed today's session and would like to do the second one, please contact Lisa Watson in tutorial hub (lisa.watson@wsfc.ac.uk) who can send you the recording of today and also an invite for part 2 of the training.

Stay safe and positive everyone

Julie

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