

## Wellbeing Update - 13th February 2021

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Hi everyone,

We made it to half term so well done! The days are lengthening, you have a week away from lessons and hopefully it won't be too long now until we can be back in college.

This video has been made by Dr Alex George (some of you will remember him from Love Island!). Dr Alex works as an A & E consultant in London and is the UK Youth Mental Health Ambassador. It is a great video, very upbeat and gives you 5 top tips for good mental health and wellbeing.



Stay safe, stay positive and look after yourselves this next week.

Julie

Julie Ferman

Senior Lead for Student Wellbeing and Head of Year