



MIDDLEWICH HIGH SCHOOL

HEIDI THURLAND BA (HONS 1ST CLASS) NPQH HEADTEACHER

Dear Parents/Carers,

I hope that you are well. Just a reminder that there are a number of resources which are available if your child is struggling. I have listed some of them below. Our safeguarding staff are continuing to support students through online counselling where appropriate. Referrals can still be made if your child informs any adult in school or if you let us know on his/her behalf.

Please encourage your son/daughter to talk to their Form Tutor or Progress Leader if he/she is struggling in any way and needs to talk to someone.

We have launched a dedicated email address for students who may have worries (wellbeing@middlewichhigh.cheshire.sch.uk) if they feel unable to contact staff directly. This can be used during working hours and will be checked by our safeguarding team.

All students can access Kooth, an online counselling service. Please see the link below: Introduction to Kooth for parents.

Please also find attached details of upcoming Parent Webinars provided by Visyon including building resilience and self-esteem, understanding and managing anxiety, positive communication in the family, understanding the teenage brain and supporting your child wellbeing. They were fully booked quickly last term so please book on as soon as possible to avoid disappointment.

Warmest regards

Stay Safe

Mr Wiseman

Kooth www.kooth.com provides online counselling for young people.

The Samaritans offer a 24 hour helpline <https://www.samaritans.org/> as do Childline <https://www.childline.org.uk/>

Young Minds and the Anna Freud Centre have a wealth of supportive resources <https://youngminds.org.uk/> <https://www.annafreud.org/>

42nd Street <https://www.42ndstreet.org.uk/young-people.html>

Calm Connections <https://calmconnections.org/>

Winston's Wish offer support with bereavement - www.winstonswishg.org helpline 0808 802 0021

[Introduction to Kooth for parents](#)