



18 September 2025

Dear Parents/Carers

As we begin another academic year, we are aware of the importance of supporting our pupil's mental health and wellbeing and that in today's society young people are struggling with this more than ever. This can be difficult to navigate and it is not always clear what support is available. I wanted to share with you resources and services that can support you with supporting your child's mental health and wellbeing. Alongside the pastoral and wellbeing support we offer in school, there is a range of support available to support parents.

**Parent Pad** by The Youth Fairy - <https://www.theyouthfairy.com/the-parent-pad/>. This year the College is excited to be working with The Youth Fairy service. Groups of students will be selected to participate in group work to support them with their mental health and wellbeing. The Youth Fairy offer free support to parents/carers on their website under 'Parent Pad'. Here you will find a range of blogs offering support and advise on a range of different topics. No sign up is required to access these materials.

**The Wellbeing Hub** provides support to both parents/carers and students with all things related to young people's mental health and wellbeing, including:

- Academics
- Alcohol & Drugs
- Anxiety
- Careers
- Diversity & Inclusion
- Friendships & Relationships
- Mental Health
- Money Matters
- Next Steps
- Online Safety
- Resilience
- Sleep

The student sections are split into age groups so that students can access age related topics around mental health and wellbeing. Reminders for how students can sign up and access The Wellbeing Hub will be sent out next week in tutor time. Parents can sign up via <https://club.teentips.co.uk/register/parents/?ca=f32d418dd4057878b809d2d95de2e8c3>

**Wealden Police** are holding free and informative online safety webinar presentations in partnership with South East Cyber, a regional Police Cyber Crime Unit. These sessions will equip parents/carers with easy-to-implement tips to keep you and your family safe in today's digital landscape. To participate, please book your ticket online here: <https://www.eventbrite.co.uk/cc/the-digital-dilemma-keeping-children-safe-online-3386699>

**Key Topics** to be covered include:

- **Spotting Online Threats:** Learn about the most common tactics used by cybercriminals and how they target young people.



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Headteacher: Ms Caroline Barlow B.A. (Hons)

- **Social Media Safety:** Understand the risks surrounding sextortion, disinformation, influencers, AI, privacy, and hacked accounts.
- **Parental Controls:** Explore the debate on children's access to technology and social media and discover steps parents can take to minimise harm from device usage.
- **Gaming:** Understand the risks young people face when gaming online and discover ways to monitor and restrict usage.
- **Cybersecurity Essentials:** Learn best practices for securing your family's accounts, including password management, two-factor authentication and other protective measures.
- **Interactive Q&A Period:** Ask us anything!

Sessions will be held from September to December, on varying days and times, more information can be found in the link above.

### Websites, local services & more

<p><b>Imago: Young Carers</b>          Email: <a href="mailto:youngcarers@imago.community">youngcarers@imago.community</a>          Call: 0300 111 1110          Free support for young people aged 5 to 18 who provide emotional or physical care or support for either a parent, sibling or relative</p>	<p><b>Holding Space</b>          Email: <a href="mailto:hello@holdingspace.org.uk">hello@holdingspace.org.uk</a>          Call: 01323 315055          Mental health support for parents, carers and families</p>
<p><b>East Sussex School Health</b>          Call: 0300 123 4062  <a href="http://www.eastsussexchildren.nhs.uk">www.eastsussexchildren.nhs.uk</a>          Support for:          Sleep and Healthy Eating          Bladder and Bowel          Hygiene and self-care          Smoking and Vaping          Puberty, Sex &amp; Relationships          Emotional Wellbeing</p>	<p><b>The Family Hub</b> find out more <a href="#">HERE</a>          Email: <a href="mailto:familyhubs@eastsussex.gov.uk">familyhubs@eastsussex.gov.uk</a>          Call: 01323 464655          Support for:          SEND and Emotional Wellbeing          Financial, housing, or employment challenges          Supporting your child's behaviour          Support for new parents          Activities for teenagers at the youth hubs          Parenting courses</p>
<p><b>The Food Bank</b>          Find your local food bank <a href="#">HERE</a>          Uckfield: 01825 745489          Hailsham: 01323 398358          Crowborough: 07936515798</p>	<p><b>Young Minds:</b> A-Z Mental Health Guide for parents. <a href="#">CLICK HERE</a>   <b>MIND:</b> Information for parents and carers. <a href="#">CLICK HERE</a>   <b>Anna Freud:</b> Resources for parents. <a href="#">CLICK HERE</a></p>

Please do look out for a further letter from me where I will be inviting parents to take part in a **coffee morning workshop delivered by East Sussex Mental Health Support Team (MHST) parent & carer practitioner**. The MHST will be putting on a workshop in school to support parents and carers with 'Understanding Anxiety and Worries'.

Yours sincerely



**MISS C SURRAGE**  
**Safeguarding and Wellbeing Manager**