



From: Mental Health & Wellbeing Coordinator: Natalie Hunt

15 January 2021

Dear Parents/Carers,

On **Wednesday 20 January at 7:30pm** the OA Club will be hosting a Wellbeing Webinar, called '[Managing the mind in uncertain times](#)'.

Hosted by the school's Mental Health and Wellbeing Coordinator, the webinar will involve a panel of OAs discussing practical ways we can manage our mental health not only through the pandemic, but as long term strategies for sustaining positive wellbeing.

We have invited 5th and 6th form students who are **16 years and over** to this webinar as it could be of real benefit to them, particularly in these challenging times. Please be aware that your child may have signed up and therefore might need further support at home. We will be sending out a Wellbeing resource kit to all attendees afterwards and students can also speak to their tutors about the topics and strategies mentioned. We encourage you to share this with any friends or family who might be interested. You can sign up [here](#).

If you have any questions or concerns, please contact our MHWB Coordinator, Natalie Hunt at natalie.hunt@abingdon.org.uk

Best wishes

Natalie Hunt
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