

Wellbeing Wednesday

Dear Parents, Carers & Families

This week is our sixth 'Wellbeing Wednesday' and students have been thinking about social media and its impact on our wellbeing.

There is a lot of research to show how harmful social media can be but we also know it has a lot of benefits, so we have been encouraging students to make their social media experience as positive as possible.

There are lots of resources to support parents in ensuring their children are using social media in a safe and healthy way. The link below leads to the online safety area of the Calderdale Open Minds website, where you can find really helpful advice should you wish to learn more.



For advice on how to stay safe online, visit:

<http://www.openmindscalderdale.org.uk/keeping-your-child-safe/>

As ever, please do get in touch with us if you need any help or support.

Best wishes from Mrs George and the Wellbeing Team