

Wellbeing Wednesday

Dear Parents, Carers & Families

I hope you are well and enjoying life as lockdown restrictions begin to ease.

As the weather is getting warmer (although it hasn't felt like it this week!) we are speaking to all students about their personal hygiene. We know that puberty causes an increase in sweating and oil production and are taking this opportunity to speak about the need to keep clean and fresh. We have used today's tutor session to remind students to be in the routine of:

- **Bathing or showering every day**
- **Using deodorant if possible**
- **Changing and washing their clothes regularly**
- **Cleaning their teeth twice a day**
- **Keeping their nails short and clean**



This can be a difficult topic to broach but as ever we use open and honest communication and we know that being clean boosts our self esteem as well as supporting our physical health.

I do hope you have a fabulous half term break and, as ever, please do get in touch with us if you need any help or support.

Best wishes

Mrs George and the Wellbeing Team