

16<sup>th</sup> January 2026



Dear parents and carers,

We would like to make you aware of the Wellbeing Hub, an excellent resource that provides expert-led support for the whole school community, including to parents and carers. The service's content covers a wide range of topics throughout the year in many formats, including blogs, podcasts, teaching resources, and a monthly webinar.

To activate your account as a parent or carer, please follow the link here: <https://club.teentips.co.uk/register/parents/?ca=db703d76570e6eb8e9e855f712693b04>

**January** - Friendships and relationships

**February** - Anxiety

**March** - Families

**April** - Neurodiversity

See the full line up here: [Spring Term Content Line-up 26](#)

The Wellbeing Hub is available to all students, who have been signed up with their school email, and we encourage them to make the most of this service as part of supporting their mental health and wellbeing. For more information, please visit their website: <https://teentips.co.uk/club/>

We hope that this resource can be of some use to you.

Kind regards,

Blacon High School