



The Henry Cort Community College

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Our ref: BEP/HLS

17 September 2025

Dear Parents/Carers

Well-being Support Services

I am delighted to share with you the details of how the college has developed and strengthened our well-being support on offer to students and parents.

As a result of student and parent feedback through our student voice and analysis by our pastoral team, we have increased our online well-being support for students by investing in the Anna Freud Foundation service. This service provides the following for the college:

- counselling for students that have been referred.
- support for staff
- support for parents through resources **and FREE webinars.**

As part of our working arrangement with this service, parents have access to a range of free webinars. Attached is a letter from the Anna Freud Foundation Service giving details of the webinars being offered to you this term which range from, dealing with anxiety/low mood and poor wellbeing to understanding adolescent emotions and online safety. You can attend as many of the webinars as you like.

As well as the Anna Freud Service we continue to offer a range of interventions to support our students in school which include:

- Weekly Moving on Project sessions (face to face therapeutic counselling)
- Motiv8 – Group Mentoring programme
- ELSA programme
- School Nursing Service
- Zones of Regulation intervention
- Managing Emotions interventions
- Drop-in support through our Wellbeing team including; signposting to appropriate on-line support, leaflets to take away or simply someone to talk to and get help from.
- Daily tutor wellbeing checks

If you believe your child would benefit from an intervention or some additional support, please email your child's tutor in the first instance and they will refer to the relevant member of staff.

Finally, thank you for playing your part in supporting the wellbeing and positive mental health of your child which remains so crucial.

Kind regards

Mr B Parker

Assistant Principal, SENCo

ASPIRE

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